WILL LEADERS TALK PUCKS AND HOOPS? PG17

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VANCOUVER • THURSDAY, FEBRUARY 19, 2009 metronews.ca

Oilsands memo hung for Obama

OBAMA Greenpeace activists scaled a bridge in Ottawa yesterday and unfurled two large banners urging U.S. President Barack Obama to take a tough stand on Canada's huge oilsands when he visits today.

"Climate Leaders Don't Buy Tar Sands" read one of the banners, which faced toward Parliament. The oilsands represent the largest reserves outside the Middle East, but extracting the heavy crude from the sands releases enormous amounts of greenhouse gases.

Obama vowed to spend billions developing cleaner sources of energy during his campaign. REUTERS

Banner

- Activists removed the tarsands banner about an hour and a half after police arrived.

CBC NEWS ONLINE

JIM YOUNG/REUTERS

A pedestrian in Ottawa yesterday walks past a poster of U.S. President Barack Obama, with the Parliament Buildings in the background. Obama visits the capital today on his first foreign trip since becoming the 44th American president. More coverage, pgs 8, 10 & 14.

Northern exposure

Obama's Visit

David de Weerdt drove nearly six hours through the cold and then the snow to help bring a warm welcome to U.S. President Barack Obama on his first official visit to Canada.

"I'm not going because I expect to shake his hand or meet him personally or anything of that sort," de Weerdt said from his car yesterday as he drove to Ottawa from his home in Kitchener, Ont. "I really am just concerned that the world sees the real character of Canadians when he comes to visit."

De Weerdt, 47, said he had been planning for weeks to join the crowd hoping to catch a glimpse of the presidential motorcade — maybe even a wave from the man himself — as it speeds up Parliament Hill just before 9 a.m. today.

> **"I really am just concerned that the world sees the real character of Canadians ..."**
> David de Weerdt

Special Obama coffee beans, Obama T-shirts, and even an Obama burger trumpeted the new president's imminent arrival as police raised barricades and well-wishers planned rallies yesterday.

Security will be tight around the city during the first official foreign visit Obama makes as president.

Gov. Gen. Michaëlle Jean will meet him at Ottawa International Airport around 7:30 a.m. after he arrives for a whirlwind seven-hour visit to the capital.

Obama will hold no public events — although fans have planned a concert and a symbolic bridge walk of their own in addition to the big rally on the Parliament Hill lawn — or do any sightseeing as he and his advisers meet with Prime Minister Stephen Harper.

The two leaders are expected to focus on the economy and trade, the war in Afghanistan, the environment and other issues the countries have in common.

Despite the slim chance of catching a glimpse of Obama, police were still expecting thousands of supporters to line the streets along the most likely motorcade route.

Major TV networks are expected to begin live coverage at 7 a.m., just prior to Obama's arrival. Obama and Harper will hold a news conference at about 12:40 p.m.

TORSTAR NEWS SERVICE.

ShareYourViews
vancouverletters@metronews.ca

VANCOUVER 2010 Games

City takes over financing of Games' Village

INVESTMENT The City of Vancouver will finance the entire $1-billion Olympic Village development after purchasing a $750-million loan agreement from New York-based Fortress Investment Group yesterday morning.

Vancouver Mayor Gregor Robertson said the deal gives the city the best return on its investment and allows it to focus on getting the village ready in time for the Games.

"We have gone from a deal that was clearly not in the interests of taxpayers," Robertson said, "to an agreement that puts Vancouver's taxpayers first."

During a special council meeting yesterday morning, city manager Penny Ballem informed councillors that an hour earlier, the city had transferred $319 million to Fortress to "purchase" the loan.

The amount represents the money that Fortress loaned project developer Millennium, plus a $4-million early repayment fee.

The buyout money is a $240-million "investment" of city money and $90 million of a $400-million line of credit from the Bank of Montreal.

JEFF HODSON/METRO VANCOUVER

Revised plan

- City manager Penny Ballem also said five of the Olympic Village buildings are "aligned" with VANOC's Oct. 31 deadline, but two "are very tight" and the plan for the project's community centre is being revised.

Riding the Recession

Looking for ways to save money and ride out the economic storm? For the next six weeks, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Beauty

- **A look at the bright side of a recession-addled New York Fashion Week, pg 20**

Food

- **What local eatery will leave you feeling full and your wallet not feeling empty — it's Meals for a Steal, pg 22**

Tomorrow

- **How independent businesses are trying to attract new customers.**

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Big thinkers to brainstorm on B.C.'s future
About 150 creative thinkers and leaders from throughout B.C. are gathering at Simon Fraser University's Wosk Centre for Dialogue on Monday to explore what "big ideas" matter most when it comes to shaping the province's future. Speakers include environmentalist David Suzuki and political scientist Thomas Homer-Dixon. **METRO VANCOUVER**

Local

Valentine's boost

B.C. restaurants enjoyed a 20 per cent boost in sales this Valentine's Day compared to last year, according to the BCRFA Restaurant Index. Having the holiday fall on a Saturday helped, as did discounts, which were up by an average of 22 per cent in full-service restaurants. **METRO VANCOUVER**

News in brief

TENANCY The B.C. Tenancy Branch has awarded 28 households $170,000 after the roof of their apartment collapsed due to poor maintenance, news1130.com reports. It's the biggest monetary award ever ordered by the B.C. Tenancy Branch. **METRO NEWS SERVICES**

metronews.ca
WHAT'S ONLINE TODAY

Analysis Criminologist suspects a drug market recession is behind surge of B.C. gang violence at **metronews.ca/canada**

Video Obamamania washes over Ottawa and Ignatieff is upset over restrictions placed on his meeting with the president at **metronews.ca/canada**

Lotteries

Lotto 6/49:	11, 17, 34, 37, 41 & 49. Bonus 5
BC 49	2, 7, 35, 39, 40 & 46 Bonus 30
Extra	29, 84, 88, 99

These results are not official.

PETA attempts to link 2010 Olympics to seal slaughter

JEFF HODSON
jeff.hodson@metronews.ca

VANCOUVER 2010 **Games**

U.S.-based animal rights organization PETA released a "seal slaughter Olympic logo" yesterday, targeting Canada's annual seal hunt as the world's eyes turn to Vancouver and the 2010 Games.

The logo, a parody of Vancouver 2010's smiling inukshuk emblem, features a snarling Ilanaaq with a hakapik raised over a baby seal and bloodied ice.

Vancouver 2010 is written under the emblem and above Olympic rings, one of which drips blood.

VANOC would not comment on the use of the logo.

Lindsay Rajt, a manager with the People For The Ethical Treatment of Animals, said the Vancouver 2010 Games are being targeted because the "world will soon be turning its attention to Canada" and "Canada's image now equates with the seal kill."

She said the logo will appear on pins and billboards at pre-Olympic events around the world.

JEFF HODSON/METRO VANCOUVER

Lindsay Rajt, a manager with People For The Ethical Treatment of Animals, unveiled a seal slaughter Olympic logo outside city hall in Vancouver yesterday.

ShareYourViews
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Police ID Surrey shooting victim

DEATH Vancouver police have identified the man killed in East Vancouver on Tuesday as 24-year-old Shane Allan Nessent from Surrey.

Nessent, who was known to police, was shot in what appears to have been a botched home invasion near Fraser Street and 53rd Avenue by a resident who lived there.

Aleem Mohammed, 19, who was watching TV with his brother when Nessent and a second suspect allegedly came banging on their door, was shot and injured in the incident.

RCMP arrested a second suspect in the case on Tuesday night. **KRISTEN THOMPSON /METRO VANCOUVER**

News in brief

CREDIT FRAUD Five men in Richmond were arrested and charged with fraud after RCMP officers found them using cloned debit cards at an HSBC automated teller machine. Officers seized 44 cloned cards and almost $7,000.
METRO NEWS SERVICES

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Illuminate Yaletown festival to light up heritage district starting Saturday

The first Illuminate Yaletown festival is taking place this Saturday throughout the heritage district. The free event, which is a partnership between the Yaletown Business Improvement Association and the Canada Line, will feature more than 25 stunning light-art installations, ice sculptures and fire breathers. METRO VANCOUVER

St. Paul's cuts 'flawed': Staff

The province's plan to dismantle some of St. Paul's Hospital's specialized programs will critically damage its reputation, staff said in a letter to Premier Gordon Campbell and Health Minister George Abbott.

The correspondence, which was signed by executive staff including hospital president Dara Behroozi, asked for a promise that the hospital would not be downgraded.

It described the idea of cutting programs at St. Paul's as "inherently flawed and naïve" and that the hospital's research and staff should be built upon, not reduced, CBC News Online reports.

In 2007, there was talk of moving the aging facility — which was built in 1921 and is in need of major repairs and renovations — to a new location near False Creek.

KRISTEN THOMPSON / METRO VANCOUVER

Rush hour commuters drive by St. Paul's Hospital on Burrard Street yesterday.

The hospital's cardiac care program is considered the best in the country, and staff said it would be a waste to give up the program and its team.

METRO NEWS SERVICES

News in brief

PRISON Burnaby city council is against plans to build a new prison in its community, news1130.com reports. Councillors asked that staff try to find other uses for the Willingdon landsite.

SHOOTINGS The NDP is criticizing the B.C. government for planning cuts to the Ministry of the Attorney General and Public Safety after 12 shootings in two weeks. Finance Minister Colin Hansen said the cuts are possible in part because Vancouver's community court has diverted cases and created savings.

METRO VANCOUVER

Fighting gangs starts at home, activist says

KRISTEN THOMPSON
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There's lots of talk about what authorities should be doing to stop the gang violence plaguing the Lower Mainland, but families are just as responsible to make sure our streets are safe, says one anti-gang crusader.

Kaur, who did not want her first name used, has helped organize past gang violence forums in the Lower Mainland.

"We are giving so much to our children, and we think that's how we're going to win them over."
Kaur, Lower Mainland anti-gang activist

She said gangsters target new recruits — some as young as Grade 5 — in malls and schools, and are looking for vulnerable kids. Parents, she said, are fuelling the fire by raising children obsessed with material wealth.

"We are giving so much to our children and we think that's how we're going to win them over," Kaur said.

Gang life is an easy way to get that wealth, and parents aren't doing their children any favours by turning a blind eye to suspect behaviour, she said.

"Do you just accept everything they tell you? If your kid comes home in a BMW and tells you he's working in an office and you've never seen him in a suit, (that's a sign)."

Kaur said it's naïve to think gang violence is something that happens in someone else's neighbourhood and someone else's family, adding the whole community needs to get involved by attending forums, calling politicians and watching out for each other.

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The power of Om
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Fraud suspect caught after 4 years on lam

KRISTEN THOMPSON
Metro Vancouver

A former Victoria investment adviser has been arrested in Oregon for 25 counts of financial fraud after a four-year investigation that involved police forces on both sides of the border.

Ian Gregory Thow, 47, was arrested Tuesday by the U.S. Marshals Fugitive Task Force and appeared in court in Portland yesterday for allegedly cheating investors here out of $10 million.

He was caught while leaving his condo to go for a jog.

RCMP Sgt. Sammy Wu with the Integrated Market Enforcement Team (IMET) said authorities began investigating Thow in 2005 after receiving a complaint from Berkshire Investment Group.

"Thow was a registered representative and licensed mutual fund dealer who managed the Berkshire office in Victoria," Wu said.

In 2007, Thow was banned from the securities industry and fined $6 million after the B.C. Securities Commission ruled he offered non-existent securities to clients and used their money to support a lavish lifestyle, CBC News Online reports.

He disappeared and, in 2008, after an investigation conducted by IMET, the Victoria Police Department and the FBI, a warrant was issued for his arrest in Canada and the United States.

Thow could face as many as 14 years in prison per count if he's convicted.

Wireless weakness

KRISTEN THOMPSON
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A high-level assessment of wireless access points in Victoria has found weaknesses in what should be secure communications systems in government offices, the province said yesterday.

In a report called Wireless Networking Security In Victoria Government Offices, auditor general John Doyle found two-thirds of wireless access points near government buildings used either basic or no encryption to guarantee the secure transmission of information.

At one location, it was possible to access information transmitted over an unsecure link from several hundred metres around the building.

"Given that wireless technologies are becoming increasingly popular, it's essential that government ensure appropriate levels of security for wireless communication," Doyle said.

"It's essential that government ensure appropriate levels of security for wireless."
John Doyle, auditor general

"Wireless technologies and standards are changing rapidly. In this environment it's important to keep security policies up-to-date so that government systems and confidential data remain protected," he said.

In light of his findings, Doyle has recommended the province review computing security policies and guidelines and regularly monitor wireless computing practices.

Cops seek suspect in possible hate crime

CRIME Vancouver Police hate crime investigators are asking for the public's help in identifying a suspect who allegedly threatened two men with a knife last week.

The victims said the man followed them out of a convenience store near Davie Street and Bidwell Avenue Feb. 13, pulled a knife on them and then walked off.

No one was injured.

Vancouver Police Const. Lindsey Houghton said investigators are trying to determine if the attack was motivated by hate, but declined to explain why.

PHOTO COURTESY VPD

Suspect wanted in a possible hate crime.

Anyone with information is asked to call police at 604-717-2814 or Crime Stoppers at 1-800-222-8477.

KRISTEN THOMPSON/ METRO VANCOUVER

$110M for B.C. projects

FUNDING The federal and provincial governments yesterday announced $110 million in funding for 41 infrastructure projects in small communities across British Columbia.

The idea is to help those communities meet what the province calls "pressing infrastructure needs," to help stimulate the economy and support economic growth.

Kamloops, for example, will receive $14.2 million to upgrade its waste water treatment plant.

"We are teaming up with the B.C. government and municipalities to … build roads, bridges and water systems," said Stockwell Day, minister of International Trade.

Transportation and Infrastructure Minister Kevin Falcon said the projects will do more than improve local infrastructure.

"They're (also) an important stimulus to local economies, and it's estimated that this investment will create 1,750 direct and indirect jobs," he said.

KRISTEN THOMPSON/ METRO VANCOUVER

News in brief

THREAT A Coquitlam man was taken to hospital for psychiatric evaluation after threatening to blow himself up in his home late Tuesday, news1130.com reports. Before talking him out of his suicide attempt, cops evacuated nine households.

TRANSIT The Millennium SkyTrain line was shutdown Tuesday night for a short period of time between VCC Clarke and Commercial stations. Witnesses said they saw what appeared to be somebody stuck under a train around 8:30 that evening.

METRO NEWS SERVICES

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Women suffer greater decline as they age: StatsCan

The quality of life of Canadian men and women differs as they age, Statistics Canada reported yesterday. At age 65, more women than men said they had more than one chronic condition and women were more likely to need help with activities of daily living, researchers found. **CBC NEWS ONLINE**

Canada

Meat-packing dispute looming?

A U.S. proposal for unofficial changes to country-of-origin labels on meat sold in U.S. stores may re-ignite a cattle trade dispute with Canada, two farm lobbyists said yesterday. Canada shelved a World Trade complaint last month in the belief that U.S. rules would give packers more flexibility. It had charged the U.S. labelling law was a trade barrier that depressed prices for Canadian livestock. REUTERS

15 minutes for Ignatieff

OBAMA Liberals are accusing Prime Minister Stephen Harper of snubbing Michael Ignatieff after it emerged that U.S. President Barack Obama's traditional meeting with the parliamentary Opposition leader has been relegated to a 15-minute chat in a holding room at the Ottawa airport.

This comes despite the fact that Obama will spend most of today on Parliament Hill with Harper, just one floor below Ignatieff's office.

The Liberal leader said he should get at least 20 minutes with Obama, which he said was the length of the meeting that Harper, who was then Opposition leader, had with George W. Bush in Ottawa in 2004.

TORSTAR NEWS SERVICE

Protectionism risky: Harper

Obama's**Visit**

On the eve of a visit by U.S. President Barack Obama, Prime Minister Stephen Harper has warned Americans that protectionist moves on trade risk a worldwide depression.

"This is a huge risk to the world right now. If there is one thing that could turn a recession into a depression, it is protectionist measures across the world," Harper said in an interview with CNN yesterday.

With Obama making a highly anticipated visit to Ottawa today, Harper used his interview to deliver a pointed message to an American audience, saying that the "Buy American" provisions in the U.S. stimulus package "have been a concern worldwide."

"Part of the reason we're all committed to co-ordinated stimulus is we want to stimulate the global economy. We're in a global economy, not just our national economies," he told CNN's The Situation Room with Wolf Blitzer.

While Harper said he was encouraged by Obama's reassurances that the U.S. would live up to its international trade treaties, he said Ottawa would carefully watch the implementation of the stimulus package.

TORSTAR NEWS SERVICE

JIM YOUNG/REUTERS

A House of Commons worker carries an American flag in the Hall of Honour yesterday in preparation for the arrival of U.S. President Barack Obama in Ottawa. Obama will visit the Canadian capital today on his first foreign trip since becoming president.

NAFTA critics await revision

TRADE Critics of the North American Free Trade Agreement say they do not expect U.S. President Barack Obama to return from a trip to Canada today with a blueprint to fulfill his promise to renegotiate the pact.

Blame

- NAFTA is often blamed for U.S. job losses, especially in big Midwestern manufacturing states.

But they do hope for action later this year after Obama has consulted with key members of Congress on goals for reshaping the 15-year-old trade deal.

Obama is expected to consult extensively with Congress before beginning any NAFTA renegotiation.

REUTERS

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Newfoundland community fearing for trapped dolphins

People in the Newfoundland community of Seal Cove, White Bay said yesterday they are afraid that if help doesn't arrive soon, five dolphins trapped by ice will drown. The mammals swam into the harbour of the northeast coast community four days ago, and now they can't get back to the ocean. **CBC NEWS ONLINE**

Border should be focus: McGuinty

Obama's**Visit**

Preserving jobs by keeping the Canada-U.S. border open and secure should be at the top of the agenda as Prime Minister Stephen Harper meets today with President Barack Obama, says Ontario Premier Dalton McGuinty.

With the new Obama administration reviewing border security, McGuinty said it's time to get on the American radar screen to make sure efforts continue to speed up traffic along the world's longest — and busiest — undefended border.

"I don't know exactly what they are contemplating, but I want them to understand, for example, there are 221,000 jobs today, in Michigan, that are entirely dependent on trade with Ontario," the premier said yesterday.

"Our economies, particularly in the Great Lakes states, are highly integrated and we've got to find a way to address both security concerns and safety concerns," he added.

"Our economies ... are highly integrated and we've got to find a way to address both security concerns and safety concerns."
Dalton McGuinty

The Canadian Embassy in Washington says Canada-U.S. trade supports seven-million jobs south of the border through two-way trade of $600 billion a year.

As the economic downturn continues and jobless rates rise, this is no time to make potentially damaging changes at border crossings, McGuinty suggested, acknowledging he did not mention border concerns to Harper when the two met in Toronto Tuesday. **TORSTAR NEWS SERVICE**

Calgary **One in a billion**

ROBIN KUNISKI / METRO CANADA

Shelly Xiao, right, and Calgary Mayor Dave Bronconnier celebrate Calgary Transit's one-billionth rider milestone yesterday. Xiao was selected as the transit system's one-billionth passenger since the light-rail transit system began operating on May 25, 1981. She was showered with gifts like a limited-edition model C-train car and monthly transit passes for the rest of the year.

Police unveil crime mapping for Calgarians

WARNING In an effort to provide citizens with an interactive tool to explore and chart crime in their neighbourhoods, police unveiled the new online Crime Mapping application yesterday.

"It allows Calgarians to monitor their community," Superintendent Katie McLellan said at the unveiling.

The public will be able to choose types of crimes and the area they would like to search, and after a few clicks they can have results displayed on an interactive map. **METRO CANADA**

Cockfighting tip leads to arrest of 70 in Ontario

CRUELTY A couple from East Gwillimbury, Ont., and 68 others were charged Saturday with a variety of animal cruelty and illegal betting offences after police and humane society officials raided a farm following a tip about cockfighting being held there. Thousands of dollars in cash were also seized, police said.

Six fighting roosters were found dead at the scene and a further 74 were seized and ordered euthanized. **TORSTAR NEWS SERVICE**

Muggings on the rise in Edmonton

WARNING Personal robberies in Edmonton have shot up as high as 31 per cent in 2009 so far, and police Chief Mike Boyd says people are leaving themselves vulnerable at night by exposing electronics in robbery "hotspots." **METRO CANADA**

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Infant boy married off to dog to ward off animal attacks attacks
An infant boy was married off to his neighbours' dog in Bhubaneswar, India, by villagers, who said it will stop the groom from being killed by wild animals, officials said yesterday. REUTERS

World

Trees absorb emissions: Report

Tropical trees have grown bigger over the past 40 years and now absorb 20 per cent of fossil fuel emissions from the atmosphere, highlighting the need to preserve threatened forests, British researchers said yesterday. The data was collected from nearly 250,000 trees in the world's tropical forests over the past 40 years. REUTERS

Pair charged with buying babies

Brother says U.S. couple detained in Egypt suffered from infertility

A U.S. couple held in Egypt on charges of buying two newborn babies — a boy and a girl — had long suffered from infertility and dreamed of children who would share their mother's Egyptian heritage, a family member said.

The couple, Louis Andros and Iris Botros, travelled to Egypt last year to adopt the infants and bring them to their home in North Carolina, where they own a Greek restaurant.

They did not realize there was no legal way for them to adopt in Egypt, the family member said.

"They were so happy. They were crazy happy," Shawn Botros, Iris' brother, said in a telephone interview.

"Somebody called them from Egypt … and said, 'We found kids for you to adopt.' She (Iris) went to Egypt. She didn't do any research.

"She is the type of person who does not think ahead of the situation … They called me from Egypt, they were so happy. They got the kids. The kids were beautiful."

> **"They were so happy. They were crazy happy."**
> Shawn Botros, family member

The couple named the children Alexander and Victoria, and Louis referred to the baby girl as his "little princess."

Then everything changed.

The couple was arrested and jailed in Egypt, charged with buying the children and obtaining forged birth certificates.

Their lawyer, Sameh Ahmed Saleh, said the pair had been in contact with an official from a Christian orphanage who Iris believed would help them adopt the three-month-old babies. He said the woman, Mariam Rizkallah, had given the couple forged birth certificates listing Iris and Louis as the parents.

Rizkallah is also in jail, awaiting trial in the same case.

"The thing that Iris insists, (is) that … every time she meets Mariam she says to her, 'Is this thing legal?' Mariam says to her, 'Yes, it is legal,'" Saleh said.

"In the States it (adoption) is legal. And in the States when you are adopting a child, you put him with your name," Ahmed said, explaining why the couple may have been confused.

Forged birth certificates and other documents in hand, Iris eventually headed to the U.S. embassy to arrange for the children to travel to the United States, Saleh said.

But he said embassy officials became suspicious because of the children's birth dates. Based on the birth certificates, Iris would have had to have flown to Egypt late in a twin pregnancy, when airlines typically bar such travel.

Iris initially told the embassy that the children were born to her, but under questioning quickly conceded that she had not given birth to them, her lawyer said.

The embassy alerted Egyptian authorities, who arrested the pair. The children were sent back to an orphanage, Saleh added.

REUTERS

Lawyers fight over film footage

CAMBODIA Lawyers at the trial of Pol Pot's chief torturer argued yesterday over the admissibility of footage taken by Vietnamese soldiers inside his torture centre after they ousted the Khmer Rouge from power in Cambodia in 1979.

Lawyers for Duch, chief of the S-21 interrogation centre in Phnom Peng where at least 14,000 "enemies of the revolution" were killed, said they were shocked at the prosecution's last-minute bid to use the film as evidence against their client.

"We absolutely object to the submission of the footage," Duch's Cambodian lawyer, Kar Savuth, told the court set up to prosecute those most responsible for the deaths of 1.7 million people during the 1975-79 Khmer Rouge era.

The joint United Nations-Cambodian tribunal was adjourned yesterday after a two-day hearing dominated by procedural issues ahead of a trial in March. REUTERS

Brussels **Facing up to missile shields**

FRANCOIS LENOIR/REUTERS

Peace activists and Czech mayors hold banners to protest against the U.S. missile shield program during a march in front of the EU parliament in Brussels yesterday. The U.S. wants to install the radar system in Poland and the Czech Republic to counter "rogue" states such as Iran.

Afghanistan minister talks tough on heroin

DRUGS Afghanistan's allies can and must do more to combat the smuggling of chemicals used to make heroin into Afghanistan, the world's largest opium producer and exporter, the counter narcotics minister said yesterday.

"Let's work together against precursors," General Khodaidad told an international security conference, referring to chemicals used to turn opium into highly addictive heroin.

"Sixty-two intelligence agencies are active in Afghanistan, and we still cannot find the bad people! They are not doing their job very well," he said.

Afghanistan's poppy fields produce most of the world's opium, but Afghan officials say drug traffickers are increasingly using chemicals to convert it into heroin before it is shipped abroad, producing even greater profits for Afghan drug traffickers.

None of the chemicals, such as acetic anhydride, hydrochloric acid and acetone, are produced in Afghanistan and so must be obtained by the Taliban from foreign sources.

> **"Last year almost $100 million went into the hands of the Taliban…"**
> Afghan Counter Narcotics Minister, General Khodaidad

The U.N. Security Council in June 2008 urged member states to boost monitoring of the trade in precursor chemicals to stop their diversion for illicit use in Afghanistan.

Khodaidad said the response to the Council's appeal so far had been unimpressive, while on the ground the Taliban continued to reap large revenues.

"Last year almost $100 million (US) went into the hands of the Taliban just for guns, ammunition, bombs, (protective) jackets, for killing Afghans and the soldiers of the international community," he said. REUTERS

News in brief

MIDDLE EAST Israel decided yesterday against lifting its border blockade of the Gaza Strip until Hamas agreed to the release of a captured Israeli soldier, putting a ceasefire proposal on hold Reuters reports.

U.K. The jury in the trial of eight men accused of conspiring to murder by blowing up airliners was discharged yesterday for "legal reasons," BBC News Online reports. A new jury will be appointed later.

VATICAN CITY Pope Benedict told U.S. House Speaker Nancy Pelosi yesterday that Catholic politicians and legislators cannot back abortion rights, Reuters reports.

METRO NEWS SERVICES

Holocaust author calls story 'mistake'

FABRICATION A Holocaust survivor whose memoir was cancelled late last year after the publisher found out that his love story was not true said he had simply made a mistake.

"I made a mistake and I want America to forgive me for that mistake, but I didn't mean no harm to anybody," Herman Rosenblat, 79, said in his first interview since the book was cancelled in December.

Speaking from Florida, where he lives, Rosenblat said in a video posted on YouTube that he had been confused about what was real. REUTERS

North Korea threatens war
North Korea said it was ready for war with the South, just hours before Hillary Clinton was set to arrive in Seoul for talks. REUTERS

Hollywood lags online

After more than a decade of hype about the Internet being the next great stage for mass entertainment, it remains dominated by amateurs with most Hollywood stars watching from the wings.

Even as talent agencies and television networks push for more celebrities on websites and better quality programs, many actors and producers balk at Internet projects, saying they have meagre revenue potential compared with TV and movies.

The future of Web entertainment is front and centre in fractious labour contract talks between the Screen Actors Guild and Hollywood's major studios that began again Tuesday.

Among major sticking points is a demand by SAG, the largest U.S. actors union representing some 120,000 actors, for payments when members' work goes online.

But the studios argue they are making too little money on the Web now, and its future as an entertainment medium is uncertain.

> **"Nobody has the imagination to figure out what new thing you can provide on the Internet."**
> Prof. Howard Suber

The popularity of Web videos continues to grow. Earlier this month, web tracking firm comScore reported that Internet users viewed a record 14.3 billion videos in December.

Howard Suber, a professor at UCLA and the author of "The Power of Film," said the Web's most profitable days are ahead.

"So far, nobody has the imagination to figure out what new thing you can provide on the Internet that you can't get in any other medium," Suber said. But that day, he says, will come. REUTERS

Reject separatism: Tibetan group

CHINA Tibet's official Buddhist association called on lamas and nuns to reject the Dalai Lama and separatist activities as China braces for possible further unrest ahead of politically sensitive anniversaries.

March marks the first anniversary of protests and deadly riots in the regional capital, Lhasa, and the 50th anniversary of the Dalai Lama's flight into exile after a failed uprising against Chinese rule.

Tibet's government-sanctioned Buddhist association had "unanimously endorsed" a revision to their constitution calling on local nuns and monks to reject the Dalai Lama and separatist activities at their annual congress this week, Xinhua news agency said. REUTERS

News in brief

OCTUPLETS The grandmother of California's newborn octuplets faces the threat of foreclosure on the house she has shared with her daughter and six of her grandchildren because she is more than $23,000 behind in payments, property records revealed yesterday. REUTERS

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Comment

Obligation not celebration

Home&Abroad

Andrew Cohen

Canada & world insight

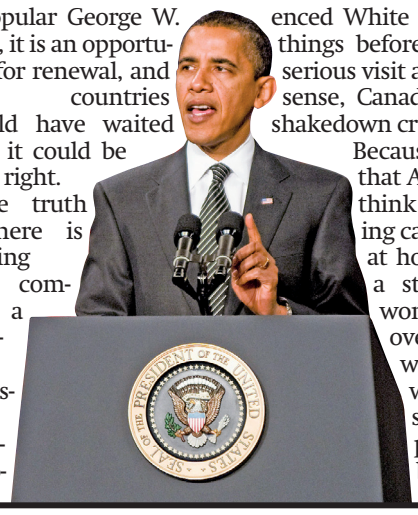
Barack Obama comes to Ottawa today, and you have to wonder why. He will see nothing of the capital and the capital will see nothing of him.

This supernova will be little more than a flash across our northern sky. His visit is as perfunctory as a campaign stop. The tone and timing is more about domestic politics and presidential logistics than bilateral relations.

Why leave Washington at all? For all that he and Stephen Harper are doing in public today, they could have talked over a webcam. Or a BlackBerry.

The answer is this visit is more obligation than celebration. The U.S. president thinks he should make his first foreign trip to Canada, which isn't necessarily the tradition, but is still something we should honour and appreciate.

Sadly, the visit isn't a celebration of a successful relationship between peoples who are more alike than any two on Earth. After the unpopular George W. Bush, it is an opportunity for renewal, and both countries should have waited until it could be done right.



The truth is there is nothing that compels a president to visit Canada today, in the midst of an economic crisis. When Americans think of Canada, there is "no fierce urgency of now."

Simply put, Obama is coming to Canada because it is convenient. It allows him to say that he came here to meet his counterpart, exchange pleasantries, do some business and fly home for supper.

It also allows his inexperienced White House to test things before he makes a serious visit abroad. In that sense, Canada is Obama's shakedown cruise.

Because he frets that Americans will think he isn't taking care of business at home, this isn't a state visit. He won't stay overnight. He won't bring his wife. He won't sip champagne at a banquet with the Governor General (who, desperate to see him, will appear at the airport).

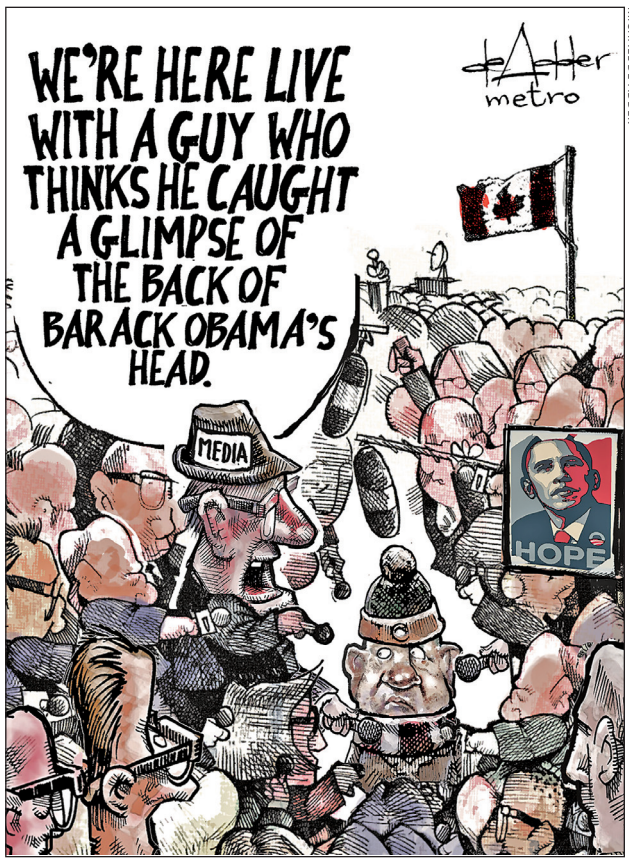
Obama's**Visit**

Most important, the U.S. president won't address Parliament. He wants his first major speech to be to Congress later this month.

For his part, Harper knows that Obama is much more popular than he is. He knows the U.S. president will challenge him on the environment. And he worries Obama could emerge as a third force in Canadian politics, aligning himself with the opposition here.

So, a lightning visit by a phantom president discharging a diplomatic duty suits Prime Minister Harper as much as it does President Obama. Canadians are the losers.

Andrew Cohen, a professor and journalist, is the author of Extraordinary Canadians: Lester B. Pearson.



MICHAEL DE ADDER

Views

Canada: A cult with fetish for the past

TheWestView

Paul Sullivan

Journalist & media consultant

The National Battlefields Commission has cancelled the 250th re-enactment of the Battle of the Plains of Abraham scheduled for this coming August.

I don't know whether to laugh or cry.

First, I didn't know some of the few taxpayer dollars I have left go to something called The National Battlefields Commission, and have, apparently, since 1908.

Second, call me crazy, but is it a good idea to rub salt in what is still a raw wound in the body politic of what was New France? It would be like the good people of Manitoba and Saskatchewan reenacting the hanging of Louis Riel. Feelings are still a little raw in this young nation of ours — or, if you prefer — in these young nations of ours. We're not ready to make nice, I guess.

It's hard to tell who's the real villain here: Les Idiots at the Commission who thought it would be swell to have a masked ball and other frivolity to commemorate the defeat of the French and the deaths of opposing generals Wolfe and Montcalm.

Then there's the Réseau de Résistance du Québec, a group of fierce separatists who promised to kick some ass if the re-enactment took place.

Fearing a more authentic replay of the battle than it bargained for, the Commission whipped out the white flag it keeps on hand for such occasions and "Je me Souviens" became "Fuhgeddaboudit" quick march.

Feelings are still a little raw in this young nation of ours ... We're not ready to make nice, I guess.

Someone pointed out there was a similar enactment 10 years ago under the Parti Quebecois and nobody complained. I guess it's OK to re-stage your own defeat, but it hurts when les maudits Tories try it.

Moi, I think they should indeed re-enact the Battle of the Plains of Abraham, but I think they should hold it at night, because much of what happens in Canada involving the Two Solitudes reminds me of these lines from the great Matthew Arnold poem Dover Beach, one of the saddest in any official language:

"Ah, love, let us be true
To one another! for the world, which seems
To lie before us like a land of dreams,
So various, so beautiful, so new,
Hath really neither joy, nor love, nor light,
Nor certitude, nor peace, nor help for pain;
And we are here as on a darkling plain
Swept with confused alarms of struggle and flight,
Where ignorant armies clash by night."

One day, perhaps in another 250 years, we'll be able to put it all behind us, and build a Canada that is no longer a cult with a fetish for the past. Now that would be worth celebrating.

Paul Sullivan is a Vancouver-based journalist, owner of Sullivan Media consulting, and editor-in-chief of Orato.com, the citizen news website.

Letters

Getting high makes you more careful, says study

Another one of the overhyped stereotypes around marijuana users has just bitten the dust. For years people assumed getting "stoned" made you either lazy or careless. But what if marijuana use actually made you more careful and less likely to screw up and hurt yourself?

A new Swiss study published at Bio-Med Central concludes exactly that. Marijuana can protect you from injury. The study compared injuries that required hospitalization. The authors' conclusions were surprising. Marijuana use is not associated with increased risk of injury — marijuana users actually get injured less than sober people. "The results for cannabis use were quite surprising. The present study in fact indicated a protective effect of cannabis use in a dose-response relationship."

"Great news," proclaimed Prince of Pot Marc Emery. "We've said for years that marijuana users are responsible and productive members of society."

The authors of the study agreed, speculating that the effects of marijuana, in contrast to alcohol, make you more likely to avoid risky situations.

JACOB HUNTER, VANCOUVER

Helping children survive

We can't imagine several hundred Canadian preschool children dying every single day, can we? Unfortunately, this is the situation in many other regions of the world. According to UNICEF, 9.2 million children under the age of five, or 25,000, succumb daily to a host of health challenges. The causes of death vary, but the root cause is almost always extreme poverty.

Canada has been a leader in providing basic immunizations in countries around the world, and the single largest distributor of insecticide to treat bed nets. These targeted realizations are praiseworthy, but they don't seriously fight extreme poverty. To be more effective in the war against poverty, our country must also work towards the true emergence of our democracy and other democracies in the world.

BRUNO MARQUIS, GATINEAU, QUE.

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TTY: 1-800-926-9105

Government of Canada | Gouvernement du Canada

Canada

Bank of Canada names ex-IMF adviser as deputy governor

The Bank of Canada said yesterday it has appointed former International Monetary Fund adviser Timothy Lane as a deputy governor of the central bank, filling the spot vacated by Sheryl Kennedy in December. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Business in brief

WAL-MART A year and a half after introducing its MoneyCard, Wal-Mart Stores Inc. is slashing the price of the reloadable, prepaid Visa debit card to $3 from almost $9.

IMF The International Monetary Fund might lower its world growth forecasts again, with the global economy looking like it might stagnate this year. Last month it slashed its 2009 forecast to 0.5 per cent. The final figure "could well approach zero," said IMF chief Dominique Strauss-Kahn.

TRADE Canadian wholesale trade dropped 3.4 per cent in December from November, the largest month-over-month decrease for over five years, on lower exports and weaker sales in Canada, Statistics Canada said yesterday. REUTERS

Auto bankruptcy viable: Analysts

A government-backed bankruptcy reorganization remains an option for saving General Motors Corp. and Chrysler LLC, analysts said yesterday, even though the automakers have said they would rather not go down that road.

GM and Chrysler asked for billions of dollars more in federal aid Tuesday and announced sweeping changes, including capacity reductions and job cuts.

Some Wall Street analysts were disappointed that the restructuring plans submitted to the U.S. Treasury did not include key concessions from the United Auto Workers union and the automakers' bondholders.

One analyst said that taking the bankruptcy option off the table would reduce the bargaining power of the companies.

GM, which has requested $16.4 billion US in additional loans from the U.S. government for a total of up to $30 billion, has said it would run out of cash as soon as March without new federal funding.

The request came shortly after smaller rival Chrysler asked for another $5 billion in aid.

David Leiker, analyst with Robert W. Baird, still sees bankruptcy as the best option for a reorganization.

"Though likely to be painful near-term, we continue to believe that the challenges to restructuring GM and Chrysler are too complicated to be met outside of a bankruptcy," Leiker said. REUTERS

Bankruptcy bills

- GM estimated that if it were forced to reorganize in a traditional bankruptcy, it could cost the government $100 billion US.
- Chrysler estimated that the bill for its bankruptcy could hit $1,200 per taxpayer.

Antigua **Bank stampede**

PHILIP BROWN/REUTERS

People seeking to withdraw funds line up outside the Bank of Antigua in Collage yesterday. Bank of Antigua is part of Texas billionaire Allen Stanford's global business interests, but is separate from an Antigua-based offshore affiliate, Stanford International Bank Ltd., at the heart of fraud charges lodged by U.S. regulators. The tycoon was charged with an $8-billion US fraud Tuesday.

Obama unveils plan to stem foreclosures

HOUSING U.S. President Barack Obama pledged up to $275 billion US yesterday to help stem a wave of home foreclosures that sparked the U.S. financial meltdown, the next phase in an effort to lift the country out of recession.

Treasury Secretary Timothy Geithner told reporters he expected the plan to work quickly to help the housing market, and that it would bolster efforts to restore the financial system to good health.

Obama's strategy has three main components: A $75-billion fund would subsidize homeowners struggling to pay their mortgages; housing finance companies Fannie Mae and Freddie Mac may invest a further $100 billion in mortgages to mop up more home loans and spur fresh lending; and Washington may inject a further $100 billion into each of the mortgage giants, protecting them against losses as they expand their reach. REUTERS

Reaction

- Financial markets reacted skeptically to the plan, with U.S. stock prices trading lower in the early afternoon.

Printer cutting 1,500 workers

LAYOFFS Commercial printer Transcontinental Inc. is slashing 1,500 jobs — or about 10 per cent of its workforce — as a "rapid deterioration" of the economy forces its customers to cut back on marketing spending, it said yesterday.

The company has also put in place a hiring freeze, reduced capital investments and is implementing other measures such as unpaid leave and reduced work weeks to cut costs.

All told, the actions should reduce costs by about $75 million annualized, it said.

Montreal-based Transcontinental had revenue of about $2.4 billion in 2008. REUTERS

Rogers records $138M Q4 loss

TELECOM Rogers Communications Inc. posted a quarterly loss yesterday of $138 million, or 22 cents a share, as it took almost $300 million in impairment charges at its television channels to reflect the impact of the weak economy on advertising revenue. REUTERS

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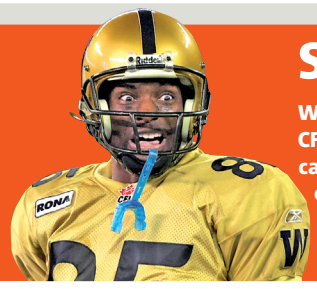
Report: Griffey to return to Seattle

Ken Griffey Jr. has apparently decided to return to the Seattle Mariners. Reports last night say the deal came after an agreement with the Atlanta Braves fell through. Griffey enjoyed the best years of his career in Seattle, from 1989 to '99. METRO NEWS SERVICES

Sports



Stegall hangs up the spikes

Winnipeg Blue Bombers receiver Milt Stegall retired yesterday as the CFL's all-time leader for touchdowns (147), TD receptions (144) and career receiving yards (15,153). Stegall, who spent his entire 14-year career with the Bombers, also holds CFL records for most TDs in a season (23 in 2002). The 39-year old will join TSN as an analyst.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Talking hoops and pucks

JOHN CHICK
john.chick@metronews.ca

Obama's**Visit**

One leader is an African-American christened by many as charismatic force for change who plans to turn the White House bowling alley into a basketball court. The other is an Anglo-Canadian maligned by many for stiffness who has been talking about writing a book on hockey history for at least three years.

So let's put aside dealing with the minutia of the worst economic crisis of our lifetime, and talk about what Obama and Harper will likely at least touch on at some point today — sports — specifically hockey and basketball.

Sure one's a Democrat and the other a Conservative, but will they have anything in common sportswise?

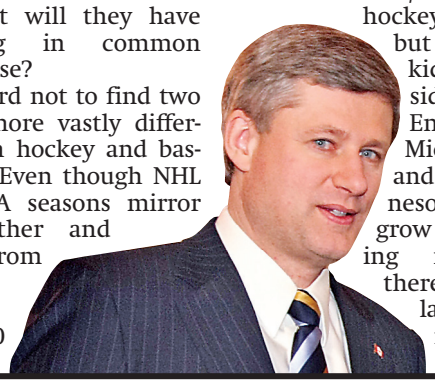
It's hard not to find two sports more vastly different than hockey and basketball. Even though NHL and NBA seasons mirror each other and teams from each league share 10 arenas across North America, the culture of the sports differ greatly.

Hardwood vs. ice. Flair vs. grit. At last count, the NHL was 96.6% Caucasian, while the NBA was 77% Black.

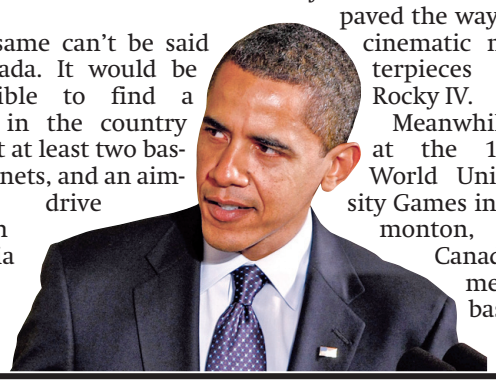
Just ask certain Maple Leaf fans what they think about the Raptors sometime.

Yet why does each sport suffer popularity issues in the other country?

In the U.S., the answer is clearer. South of the Mason-Dixon line, hockey has no relevance, mostly because of the absence of ice. It may not have stopped Gary Bettman and the NHL from expanding ad nauseam into the sun/bible/non-hockey belt, but most kids outside New England, Michigan and Minnesota don't grow up playing it and therefore lack connection to it.



The same can't be said in Canada. It would be impossible to find a school in the country without at least two basketball nets, and an aimless drive through suburbia would find rims and backboards on a large number of driveways.



Yet outside a handful of communities, the game takes a far back seat to hockey and paltry TV ratings outside Toronto and other areas helps drive the Canadian media's hyperbolic obsession with puck.

"People can relate to the average hockey player because the athletes come as much from small town Canada than any large urban centre," says Robert Schinke, associate professor at Laurentian University and co-author of a book called Cultural Sport Psychology.

The USA's Olympic hockey win over the USSR in 1980 consistently ranks as one of the greatest sporting moments in American history. Plus, it likely paved the way for cinematic masterpieces like Rocky IV.

Meanwhile, at the 1983 World University Games in Edmonton, the Canadian men's basketball team stunned a U.S. squad featuring Charles Barkley and Karl Malone en route to a gold medal. Unlike the Miracle on Ice stateside, it's barely remembered in Canada, and today the first five hits of a Google search titled "Canada USA basketball 1983" brings up nothing related to the actual event.

But the process of getting basketball back to respectability in Canada is hopefully changing.

"We've taken steps in the right direction," says Toronto Raptors broadcaster and former national team player Sherman Hamilton.

"Nothing's perfect yet because the product's not finished ... but I think it's really started at the grassroots level."

And while like many others, Hamilton concedes that there needs to be a bigger financial commitment from both governments and the business community, success itself can go a long way.

"Once our players reach maturity they have to win."

B-ball upsides

- Shaquille O'Neal
- Hops, dunks
- Nicknames that don't simply add a 'y' or 'er' to the end of a player's surname

Hockey upsides

- Alex Ovechkin
- Can usually expect every player to bust their butt
- Stanley Cup much nicer than Larry O'Brien trophy

Even money

- Head-to-head, Harper probably spells H-O-R-S-E faster than you can say "Afghanistan." But while lacking a signature move such as the Shawinigan Handshake, Harper likely gets Obama back in road hockey with a blazing wristshot .

Vigneault was out of line on Wellwood

ToulBox

Scott Rintoul

scott.rintoul@team1040.ca

Since he was hired to coach the Canucks three years ago, Alain Vigneault has been blunt when it comes to critiquing his players in the media.

There are exceptions, of course; Roberto Luongo has escaped criticism during those rare stretches when he hasn't played up to snuff because of his position and incomparable work ethic.

For the most part, Vigneault's public assessments have been fair, consistent and generally well-received by a very knowledgeable fan base in Vancouver. However, his recent post-game comments concerning Kyle Wellwood were more off the mark than Wellwood has been of late.

In Tuesday's shootout win over Calgary, Wellwood was robbed of a goal by a diving Mikka Kiprusoff on what may very well be the best save of NHL season.

When asked about it following the game, Vigneault responded with "Kyle got what he deserves. He's not bearing down. He's got an open net and he's shooting the puck two miles per hour. You have to bear down and put your full weight into it and you have to shoot it."

True, Wellwood has been snakebitten; he hasn't scored since Jan. 4, despite generating considerable chances in the past two weeks. But Vigneault's wrong to take him to task on that particular play.

YouTube the replay and it's impossible not to laud Kiprusoff instead of disparaging Wellwood. What is obviously an attempt to drive home the message that production is the bottom line with Wellwood comes across as being more personal than professional.

- Rob Murphy's decision to sign in Toronto not only leaves the Lions without a veteran left tackle, it also strips this market of yet another larger-than-life personality.

Murphy was either "colourful" or "dirty" depending on who you cheer for, and he was happy to play up his persona in the media. Murphy took the torch from the outspoken Carl Kidd upon the linebacker's retirement in 2007, but there doesn't appear to be an obvious replacement right now.

It wasn't long ago that both Brian Burke and Todd Bertuzzi were filling the Vancouver airwaves with memorable and often controversial comments, but both have long since moved on. Let's hope a new character emerges in the near future, or the media in this city will actually have to come up with a few ideas of our own.

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Photo by: John Kamitakahara

A new way to mix or blend things up when there isn't a blender in sight

The Blender Bottle is perfect for protein shakes, pancake mix, eggs, salad dressings, etc. Just drop the steel wire whisk BlenderBall into the cup, screw on the top and shake it until your ingredients are completely mixed. Check it out at dormbuys.com. METRO NEWS SERVICES

Metro Homes

Dorm storage

A leftover pizza box can take up tons of room in the refrigerator. Now there's a functional new way to store the remaining slices. The 2 slice Pizzapartment conveniently holds the leftover pizza. See dormbuys.com METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Small homes yield tips for small spaces

UrbanDweller

Carlyn Yandle

metronews.ca/urbandweller

It's one thing to read about the large possibilities of a very small home, and quite another to walk through a beautifully designed example. A decidedly West Coast, 624-square-foot prototype is the showpiece of the B.C. Home and Garden Show, running this Wednesday through Sunday at B.C. Place.

The Laneway Loft House, built by Vancouver's own Smallworks Studios/ Laneway Housing, is on the show floor now but could be appearing in a residential lane near you, if the city finally approves this form of neighbourhood densification-without-demolition.

This is no converted garage; the modern and airy lane house is designed to assume the same square footage as a single or double garage while taking advantage of a backyard landscape through large windows and varied views.

The ingenuity of this ultra-modern cottage is not just in the architecture and space-saving interior design but in the whole new set of social possibilities. This could be the delightful downsizer home for longtime owners who want to stay not only in their community, but on their own land. It could be the starter home built by parents for their kids as they start they start their own adult lives. It could be the hospitality suite for all the friends and family, or a rental unit to help offset the high mortgage of the existing house. The little house goes a long way to address the general problem of not having enough (relatively) affordable housing without severely altering the character of established neighbourhoods.

STUART COLEMAN PHOTO

A clean, nature-inspired interior reflects the smart architecture of the Laneway Loft House, at the B.C. Home and Garden Show.

Smallworks interior designer Erica Letchford enjoys the challenge of getting a lot of living out of a small footprint. She relies on 24-inch-wide, counter-depth European appliances tucked into custom cabinetry and built-ins made in-house at Smallworks. Radiant-heated polished concrete flooring helps create a seamless flow between rooms, and details like well-planned potlights and a limited number of finishes, in natural materials like stone and bamboo, keep the view uncluttered and contemporary.

Even though the Laneway Loft House isn't a reality for most high-density-dwellers, there's a lot to learn for anyone looking to renovate their small space. Other Laneway house ideas include an under-counter microwave oven that keeps the single run of countertop clear, and a kitchen island/bar on braked castors that can be moved according to need.

If you go...

- Tickets to the B.C. Home and Garden Show are at the door or online at bchomeandgardenshow.com

Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks; carlyn@homereworks.com.

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Is 2009 the year of the reno?

HomeScape

Sylvia Putz

metronews.ca/homescape

Argh! The news at the beginning of the month that Ottawa is now offering a Home Renovation Tax Credit (HRTC) left me feeling as if I'd just missed the last boat to financial salvation.

I was just too late. We finished renovations more or less on my old homestead around fall, 2008, but the tax credit applies only to work performed or goods acquired between Jan. 27, 2009 and Feb. 1, 2010.

I started investigating a little more and found that missing out on the tax credit is perhaps not as devastating as I had initially thought. It's worth 15 per cent to a maximum of $1,350 on a project costing over $1,000 to a maximum of $10,000.

If you're doing a reno in the next year, and your project costs around the $10,000 mark, you'll maximize the savings from this particular program, and I'm willing to bet that you'll be a happy camper once the 2009 tax assessments start coming back.

Saving options

- Check out the LiveSmart BC Efficiency Incentive Program (livesmartbc.ca) and rebates available through Fortis BC (fortisbc.com).

The tax credits apply to "enduring" home improvements, which covers a lot. It can apply to redoing a kitchen, refinishing a basement, installing a new furnace, windows, carpeting, flooring and resurfacing a driveway. The credit does not apply to appliances, furniture or routine maintenance. You can claim the tax credit on a home, cottage or condo unit owned for personal use. And remember that the work has a deadline; it must be complete before Feb. 1, 2010. Go to cra-arc.gc.ca or fin.gc.ca for more information.

But there are other reasons for good cheer when it comes to contemplating doing renos over the next year. There are several federal departments and levels of government that offer programs that could be financially helpful to you if you are an aspiring renovator, especially if you are undertaking improvements that save on energy or water use in your home.

Thinking of taking advantage of the new tax credit for home renovations? The kitchen is a great place to start.

For example, the EcoEnergy Retrofit Homes Program can save you up to $5,000 per household. No, it won't contribute money for granite countertops, but it will reimburse you for projects that involve improving your heating system, ventilation, hot water system, air conditioning, insulation, air sealing, replacing doors, windows or skylights, or conserving water with toilets that use less water, for example.

But don't just launch into it without taking a look at the requirements. You must first hire a qualified energy advisor to perform an energy evaluation of your home, and the eligible improvements (and eventually, the rebates) flow from this. See ecoaction.gc.ca or phone 1-800-622-6232 to apply or get further information.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Discount at Momentum Grooming
To celebrate the opening of Momentum Grooming (1237 Burrard St.) the store is offering a 15 per cent discount on all products and services on Feb. 28 to March 1. momentumgrooming.com. **KIM ELBO/FOR METRO CANADA**

Style

From Wu who? to Who's Who

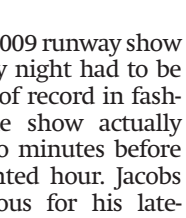
When 26-year-old fashion designer Jason Wu realized last month that he had designed what could become the gown of the century — Michelle Obama's white chiffon inaugural ball gown — he must have known his life could change forever. Now the designer's fall 2009 show, held during New York Fashion Week, was one of the most coveted invitations, right up there with Marc Jacobs.

TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Jump into a one-piece this spring

Style **File**



Kim Elbo
kim.elbo@gmail.com

ask kim

I recently started nursing school and I'm looking for scrubs; where can I go to buy some?

There are several big retail stores that carry healthwear uniforms. Try Sears and Wal-Mart for general and inexpensive scrubs or go to Mark's Work Wearhouse for a wide variety in styles and patterns. If you like to keep things fashionable, check out Chi Couture Uniforms. They carry comfortable and flattering uniforms that can also be worn outside the hospital. (mychi.ca).

Email your style questions to kim.elbo@gmail.com.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Shop Suit
Designer: H&M
Shop: H&M
Address: Various locations
hm.com

Overall
Designer: Mavi
Shop: Mavi
Address: Various locations
mavi.com

Tube Romper
Designer: Lav & Kush
Shop: Vasanji
Address: 1012 Mainland St.
lavandkush.com

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Designer: Old Navy
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Address: Various locations
oldnavy.com

Nautical
Designer: Vero Moda
Shop: Purr Clothing
Address: 2928 Granville St.
veromoda.com

Warm
Designer: Club Monaco
Shop: Club Monaco
Address: Various locations
clubmonaco.com

Jumpsuits

When the weather starts getting warmer, girls will be jumping into these suits. It's all about the one-piece look that designers and buyers have opted for this season. The jumpsuit can look a little too monochromatic, so break up the colour with accessories. Pair your rompers with beautiful braided leather belts or long layered necklaces. Not sure what footwear to match with it? Try a gladiator sandal or a cute cork wedge.

accessory
This week Canadian artist Jeff Hamada will be debuting his Chuck Taylor All-Star shoe he designed for the Converse 1HUND(RED) Artist collaboration series. Ten per cent of the net wholesale price going to the Global Fund, $70. Available at various retailers (converse.com).

Wraps

The quintessential all-season basic is the wrap. It's an everyday garment you can layer underneath a winter jacket or simply wear as a jacket. It is one of my favourite pieces because it's comfortable and practical. This season, wraps will be seen and worn in neutral colours. When you're out buying a wrap, look for the little design details, such as pockets, hoods and belts, to get more use out of your wrap.

tip: Clothing moths are dark in colour. If you spot them, air all clothing outside, vacuum the base of the wardrobe, scrub down the walls and check for clothing with holes. (wikihow.com).

Marc Jacobs' show is a blast from the '80s past

What would a Marc Jacobs show be without controversy?

His fall 2009 runway show on Monday night had to be some sort of record in fashion — the show actually started two minutes before the appointed hour. Jacobs is as famous for his late-starting shows as he is for turning grunge into a Park Avenue fashion trend.

Many seats were still not taken when the door closed, the lights went down, and out came the first model.

One can only imagine the panic-stricken guests left outside.

This was an even more-difficult-than-usual invitation to get this season because the guest list was slashed from the usual 2,000 or so, down to just 700.

The slashed guest list wasn't the only cost-cutting measure. Gone too were the elaborate sets he normally commissions.

The runway was a simple, wide red carpet lined on each side with a single row of black folding chairs. Everyone was in the front row.

But that's where simplicity ended.

When the first model emerged, she signalled that this was an extraordinary show of extremes and exaggeration.

The hair was shellacked into hair-defying shapes — enormous poufs, fat over-the-moon crimps and towering mohawks.

The boys of Platinum Blonde would have loved it and it will likely make hair gel manufacturers smile with glee.

The eye makeup was bold strokes of colour that extended into the hairline. Model Sessilee Lopez was a dead ringer for Grace Jones.

The ghost of Sammy Jo from Dynasty was there as well, in rusched party dresses. Jacobs also piled on metallic leather with tapestry prints.

To say the shoulders achieved linebacker proportions doesn't begin to describe how big they were.

Colours were electric, acid.

Get the picture? This was a full-on '80s flashback.

Fashion is currently having a moment with that era, so it was surprising that the forward-thinking Jacobs would retread this ground – so heavily trampled as it is. He is always so far ahead of the curve, it was odd to see him behind, not ahead, of this '80s Express.

TORSTAR NEWS SERVICE

GETTY IMAGES

Marc Jacobs' show firmly embraced a retro theme with big hair, bold colours — and even bigger shoulder pads.

Connections are key for designers

RECESSION When times get hard in fashion, it's not about what you know but who knows you.

For emerging designers trying to survive a crippling recession, good connections are more important than ever, fashion experts say.

Retail buyers, struggling to move inventory when consumers are reluctant to spend, are less willing to take a risk on designers they don't already know, they say.

"To buy a piece from, say, a Prada or a Donna Karan, the bigger names, it's always an easy choice, said Thuy Diep, the designer behind the clothing line Thuy. "These are brands that are household names."

REUTERS

Dupré is the new Lewinsky
Ashley Dupré, the escort involved in the Eliot Spitzer scandal, caused a fracas at New York Fashion Week. She crashed designer Yigal Azrouel's fashion show last Friday and sat in the front row, causing the designer to come apart at the seams in the media. TORSTAR NEWS SERVICES

Behind the red carpet glitz

Stylist Brad Goreski dishes on his career primping stars

CHELSEA MIYA
for Metro Canada

It takes months of preparation: Hours of fittings, matching, prodding and primping, all for a brief walk down a camera-lined red carpet.

Awards season is the busiest time of the year for Hollywood stars — and their stylists.

"Is it crazy? One hundred per cent!" says Canadian-born stylist Brad Goreski. "There are constant problems to fix. There's a lot of excitement. Even today, I have no idea what's going to happen. It definitely keeps us on our toes."

Goreski is among the style-conscious regulars on the Bravo series The Rachel Zoe Project. The reality show follows legendary celebrity stylist Rachel Zoe and her assistants — Goreski and Taylor Jocobson — through all the behind the scenes chaos, excitement, drama and tears that goes into making celebrities look good.

The Zoe camp's star-studded clientele includes Jennifer Garner, Kate Hudson, Debra Messing and Anne Hathaway. Goreski recently began filming the second season of Project Zoe, which will air in late April.

The 81st Annual Academy Awards

"The craziest thing I've ever had to do was when we got called in to do a fitting with Kate Hudson the day before she had to do a press tour," says Goreski. "I was on a plane 24 hours later with three trunks of clothes. That was five weeks into it," he laughs.

"I got broken-in really fast,"adds Goreski, who grew up in the small town of Port Perry, Ont., a far cry from the glitz and glamour of Hollywood.

"Vogue was the first magazine I ever asked my mom to buy me," says Goreski. "It's in my blood. When I was in school I used to tie scarves around my waist. I was always mixing things up. It all kind of started with Barbie. I tested a lot of things out on her! So, thanks to Mattel here I am," he laughs.

"The craziest thing I've ever had to do was when we got called in to do a fitting with Kate Hudson the day before she had to do a press tour."
- Stylist Brad Goreski

Goreski interned at Vogue and W magazine, while studying Art History at the University of Southern California. After graduation he landed a job as the West Coast assistant at Vogue.

After that, "It was a series of happy accidents."

He first met Rachel Zoe at a Chanel dinner and spent the next year trying to score a dream job on her styling team. When a spot opened he jumped on it and hasn't looked back since.

"I loved her right away," said Goreski. "She's beautiful in person, and so nice. She seemed like she would be really fun to work for, and I was right!"

Working close together, on call 24/7, stylists and their teams become a lot like family.

"There's a lot of mean portrayals of assistant boss relationships in the fashion world," said Goreski, "but that's not how it is where I work. Working for Rachel is crazy in a good way. We're also good friends ... We get to do a lot of really fun stuff together."

Actress Kate Hudson is one of stylist Brad Goreski's clients. He is part of Rachel Zoe's team, which can be seen in action on the Bravo series The Rachel Zoe Project.

NY Fashion Week day six reviews

NARCISO RODRIGUEZ
A handful of looks, including a crisply cut, wheat colored coat with criss-cross detailing and a sleeveless, collared black belted dress, seemed to have Michelle Obama's name all over it.

DIESEL BLACK GOLD
Easy, relaxed fitting jumpsuits, trousers and dresses had a dark, urban edge (literally, the dominant colors were black and gray) for a night out hopping from one velvet rope to another.

GERLAN JEANS
Gerlan's wild and fun, club kid-style work looked completely at home in the Patricia Field store where she showed her fall collection. Her poppy graphics come courtesy of her background as a print designer.

KENYA HUNT/
METRO WORLD NEWS

Trends to watch out for

- Fur
- Feathers
- Office/job interview appropriate wear
- Bold shoulders
- Stovepipe trousers

KENYA HUNT & TINA CHADHA/
METRO WORLD NEWS

10 pluses to a recession-addled Fashion Week

1. Nearly all of fashion has slashed its budgets. That means much better people-watching on the subway.

2. Speaking of transportation, your odds of catching a taxicab between shows and parties just shot up too.

3. High fashion labels are still on sale, so you might actually be able to afford a nicer outfit for that party you want to crash.

4. Hour-long waits for a table at scenery restaurants are a drag, we doubt you'll encounter them.

5. Your H&M finds have never been more popular or accepted.

6. You no longer have to feel like the only broke one who can't afford what's coming down the runways.

Riding the Recession

7. You now have a reason to dust off your Miu Miu bag from three seasons ago.

8. But if you don't have one, no worries. The It bag is dead, remember?

9. Those parties you were too cool to stick around for more than 10 minutes for are now your only opportunity to drink top-shelf-liquor cocktails and, sigh, champagne. That is, if you can get in.

10. Undone hair is the new do.

METRO WORLD NEWS

The recession is not all doom and gloom, remember — high fashion labels are still on sale.

Melt away that frosty landline with tons of talk.

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Fondue for film buffs

Another Wolfgang Puck recipe is a Gouda Fondue served with chunks of ciabatta, baguette and vegetables for a casual affair you can set up on your coffee table in view of the TV. Provide lots of napkins and nibble and dunk without missing any of the action. METRO NEWS SERVICES

Food

Wolfgang Puck made his name in Los Angeles when he opened Spago in 1982. He took pizza to a new level and one of his signature dishes is Smoked Salmon and Caviar Pizza. Barb Holland/for Metro Canada

Recipes

Find Puck's recipes for Gouda Fondue and pizza on wolfgangpuck.com/recipes.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

LiquidAssets

Peter Rockwell

liquidassets@eastlink.ca

Cinema sipping

In these trying times nothing beats my recessionary blues like watching rich people prance around in fancy frocks and jewelry worth more than my house.

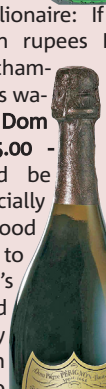
They'll be plenty of both at the Oscars this Sunday; and like oodles of other little people around the world I'll be watching with bated breath to see who takes home those coveted golden guys. In honour of the best picture nominees this week I've chosen a liquid inspired by each of their solid performances.

The Curious Case of Benjamin Button: With New Orleans as a backdrop nothing represents this flick better than the Big Easy's own **Southern Comfort ($24.25 - $25.64)**. It's great on its own, with cola or stirred into a fruit juice-based Hurricane cocktail.

Frost/Nixon: The now famous interviews took place in California's Orange County. Though far from the wine regions, a bottle of the state's **2006 Dancing Bull Zinfandel ($11.95 - $15.96)** seems appropriate considering how Tricky Dick softshoed around many of Frost's questions.

Milk: Because it's set in the '70s, and has a fluid name, it seems a no-brainer to go with a White Russian. All you need to make this fern bar favourite is a little **Mexican Kahlúa coffee liqueur ($27.49 - $29.48)**, some fresh moo juice and a few cubes of ice.

The Reader: Holocaust movies are Academy Award magnets and this one just might get Kate Winslet a statuette. She plays a German; so a thirst-quenching six-pack of Deutschland lager — typified by **DAB Original ($10.95 - $11.99)** — would taste wunderbar.



Slumdog Millionaire: If I won 20 million rupees I'd drink French champagne like it was water. The **2000 Dom Pérignon ($215.00 - $248.00)** would be my pick especially since its Hollywood creds date back to Sean Connery's James Bond days. (P.S. My money's on Slumdog to win.)

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Spoonfuls of Oscar glam

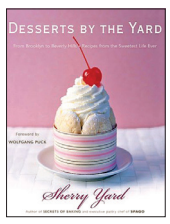
À la carte

Barb Holland

Metro Food Writer

Gather your friends together for the upcoming 81st Annual Academy Awards, otherwise known as the Oscars. To dine like the stars, we look to Chef Wolfgang Puck for inspiration. For 15 consecutive years, Puck has catered the official Oscar party.

For dessert, here is a recipe from Desserts by the Yard: From Brooklyn to Beverly Hills: Recipes from the Sweetest Life Ever (Houghton Mifflin, $45) by Wolfgang Puck, Sherry Yard and Martha Rose Shulman. Brooklyn-born Yard worked her way up to reign as Hollywood and Beverly Hills queen of sweet. As Executive Pastry Chef in Puck's Spago empire, she annually creates 1,700 or so perfect desserts for the Governors Ball following the Oscars.



Chocolate Mousse

To serve hot, place ramekins in preheated 350°F oven and bake for 10 minutes. They will be slightly set on the outside and molten in the middle. Serve immediately. Makes 6 servings.

INGREDIENTS:

- 8 oz (250 g) good quality bittersweet chocolate
- 1 /4 cup (60 ml) brewed expresso
- 2 tbsp (30 ml) Grand Marnier liqueur
- 1 cup (250 ml) whipping (35%) cream
- 2 eggs, separated
- 6 egg whites, at room temperature
- pinch of cream of tartar
- 2 tbsp (30 ml) sugar
- Whipped cream and chocolate shavings (garnish)

METHOD:

The 81st Annual Academy Awards

Place chocolate in food processor fitted with knife blade; pulse to chop chocolate very fine.

In a small saucepan, combine espresso, Grand Marnier and 2 tbsp (30 ml) of the cream; bring to a boil. Turn on food processor and add hot liquid with food processor running. Process until chocolate has melted. Scrape down sides. Continue to process until smooth. Add egg yolks and process until blended. Scrape into a large bowl.

In bowl of a standing mixer with whisk attachment (or hand held electric mixer), beat all 8 egg whites on medium speed. When they foam, add cream of tartar and continue to beat on medium speed while slowly adding sugar. Beat until they form medium peaks. Gently fold into chocolate base, in 2 additions.

In same mixer, beat remaining cream until it forms soft peaks. Fold into mousse. Spoon mousse into six ramekins or other serving cups and refrigerate for 2 hours or until set. Serve with whipped cream and chocolate shavings.

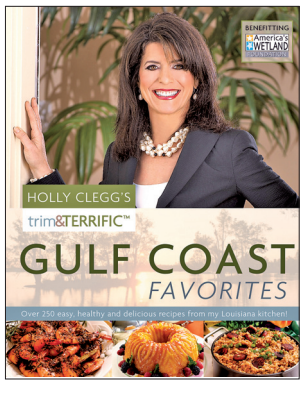
Chocolate Mousse.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

King Cake reigns supreme at Mardi Gras

TRADITION In Louisiana, Mardi Gras is an exquisite celebration packed with fabulous food, fun times, brilliant colours and lots of tradition. But this year, you don't have to be in New Orleans to celebrate Carnival Season (Jan. 6-Feb. 24). With this delicious king cake recipe inspired by best-selling Louisiana cookbook author, Holly Clegg, you can celebrate Fat Tuesday wherever you are.

This sweet, cinnamon bread-like dough is shaped into a big circle, cooked and topped with icing featuring the colours of Mardi Gras: Purple for justice, green for faith and gold for power. A plastic baby, representing the Christ child, is hidden inside. Whoever gets the baby, according to tradition, has to provide the next king cake.



In her new book, Trim&Terrific Gulf Coast Favorites (Holly Clegg Publications, $24.95), Clegg presents this and hundreds of other mouth-watering recipes that celebrate the abundance of fresh seafood and local ingredients that define the cuisine of the Gulf Coast.

METRO NEWS SERVICES

On the web

- For a recipe of King Cake with Cream Cheese Cinnamon Filling by Holly Clegg, visit metronews.ca

Riding the Recession

Meals for a steal

Japa Dog
japadog.com
At the corner of Burrard and Smithe streets, Vancouver
Prices range from $3 (basic hotdog) to $6.25 (Okonomi hotdog)

It's street meat Japanese style. Japa Dog offers toppings like seaweed, miso-sesame, bean sprouts and Japanese mayo on your basic beef, turkey or pork hotdog. This Vancouver landmark has served Ice Cube, Steven Seagal and Anthony Bourdain, author of Kitchen Confidential: Adventures in the Culinary Underbelly.

Spaghetti Dinner Special

Spaghetti & Meatballs for 2, PLUS a 1/2 litre of House wine for only $24 (plus tax)

Benvenuto! Welcome to Presto Cucina - a warm and unpretentious way to enjoy the flavours of Italy. Open everyday at 11:30 am. Take out available - Licensed

Kitsilano - 2272 West 4 th Ave (at Vine) across from Capers

www.prestocucina.ca

Food in brief

OBAM-AROMA Timothy's now boasts a new premium coffee as unique as the president himself — Timothy's Presidential Blend No. 44. Comprised of the finest coffees from Kenya, Hawaii and Indonesia, Presidential Blend No. 44 reflects U.S. President Barack Obama's family heritage and personal history. The commemorative new blend launches in time for President Obama's visit to Canada and will be available at Timothy's World Coffee restaurants across Canada starting today.

METRO NEWS SERVICES

Home and garden
The B.C. Home & Garden Show is running now through the weekend. Catch big kitchen names like Karen Barnaby and Ron Schewchuk, as well as local restaurants C, Earl's, Campagnolo, Salt and local food producers. bchomeandgardenshow.com METRO NEWS SERVICES

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

Gastown's nouveau greasy spoon

ANYA LEVYKH
anya.levykh@gmail.com

Deacon's Corner
101 Main St.
Vancouver
604-684-1555
deaconscorner.ca

Signature Drink:
Milk, Juice or Coffee
Signature Dish:
Reuben
Rating: ●●½
Lunch & coffee for 2: $25

Call it part of the economic slump or the trend toward comfort food, but it seems that the coming year will be about chowing down on greasy spoon fare not seen since the '60s. Take my latest experience.

Deacon's Corner opened up a few weeks ago, and on a Monday, the place was packed. It might have something to do with the fact that breakfast is offered all day, lunch items hover just around the $10 mark and sizes are larger than your head.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

I had the Reuben sandwich with the house fries ($9.50). The fries were large and plentiful, but could have used more salt. The sandwich was better. Toasted dark rye, smoked meat, Swiss cheese and way too much sauerkraut made for a very filling lunch.

The farmers omelette ($8) was stuffed with sausage, ham, bacon and cheddar — your basic heart attack special — and came with about a pound of extremely spicy hashbrowns and much toast.

A sausage and biscuits dish ($7.50) was pretty good. House made biscuits, sausage and more of those spicy hashbrowns, plus a large does of a rather pale, tasteless gravy. It's not gourmet fare, but these aren't gourmet prices and it'll fill you up for the tight months ahead.

ANYA LEVYKH/FOR METRO VANCOUVER

Rueben sandwich with fries.

The Many Sides of Pinot: The Name is Noix ... Pinot Noix

Trust a B.C. winemaker to come up with something this cool. Vista d'Oro Farms, long known for their artisanal preserves, heirloom tomatoes and other good eats, recently branched out into the wine trade with a green walnut wine. From there it was a short leap to Gewurtz, Pink, Pinot Noir and the new Pinot Noix, a blend of their own green walnuts (macerated in brandy) and Pinot Noir grapes from the north and central Okanagan. Sip as an aperitif or enjoy after dinner. $35 from vistadoro.com.

Dining out

FRENZIED FRIDAYS
Fried Chicken Fridays are back at Fuel (1944 West 4 Ave.), starting Feb. 27. Enjoy Chef Robert Belcham's buttermilk fried Polderside chicken with a glass of R&B Cream Ale for $19.50. Available for lunch every Friday until the end of summer. Call 604-288-7905 or visit fuelrestaurant.ca.

TIPSY TUESDAYS
Hart House Restaurant (6664 Deer Lake Ave., Bby) is now offering a special three-course table d'hote menu for $35, every day of the week. Enjoy Jerusalem artichoke soup, tuna carpaccio and more. On Tuesdays get 25 per cent off all bottles of wine. Call 604-298-4278 or visit harthouserestaurant.com.

In brief

CHEF ROBERT Clark of C Restaurant will be travelling to Ottawa in April to represent B.C.'s culinary arts at the National Art Centre's B.C. Scene and will get to hobnob with our Governor General.

CELEBRITY CHEF Gordon Ramsay, in a recent interview on CBC Television, named Araxi Restaurant & Bar in Whistler as the best restaurant in all of Canada.

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(2) Unlimited local calling from 5pm to 8am, Monday through Thursday and from 5pm Friday to 8am Monday. (3) Taxes are extra. Mobile phone not included in plan.

Cover girl

The bosses of herbal health supplement Airborne have offered to hand over $1 million US to charity if Oscar winners take their product up to the podium with them. The company made the offer to those competing for best actor, best actress, and best supporting actor and actress. **FEMALEFIRST.CO.UK**

Entertainment

The Associate

Shia LaBeouf is heading to law school — he is to star in a big-screen adaptation of renowned crime author John Grisham's book The Associate.

FEMALEFIRST.CO.UK

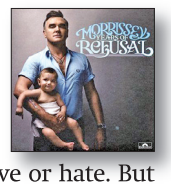
EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Morrissey's Refusal has edge

Morrissey

Album: Years of Refusal
Label: Polydor/Universal
Rating: ●●●

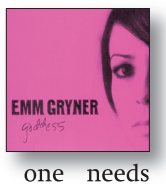


THERE'S AN over-the-top melodrama to Morrissey's vocal delivery that you either love or hate. But there's plenty on this new CD even Morrissey-haters can appreciate. The former Smiths' frontman has hooked up with an exceptional four-piece crew of garage artists that lends an underlying edge to his hammy emoting. He's even got guitar god Jeff Beck providing some superb cowboy/surf riffs on one track (Black Cloud). That's fortunate, because otherwise we've got a middle-aged man anxious to get off prescription pills (Something is Squeezing My Skull) and crooning about how he can only find love in French architecture (I'm Throwing My Arms Around Paris).

Graham Rockingham/for Metro Canada

Emm Gryner

Album: Goddess
Label: Dead Daisy/Outside
Rating: ●●●½



WHEN DEALING WITH the dread of a damaged romance during a dreary cold winter, one needs time to be alone to make sense of it all. That's at least the impression left from this Ontario songstress' — and Dead Daisy label owner's — 11th album. Gryner's use of austere piano-based pop noir and stripped-down folk works satisfactorily with all those lyrical images of frozen lakes, skating rinks, the cold weather, burned-out buildings, drawing blood … Vicious stuff here, tempered only by Gryner's soothing soprano. There's a good reason why the likes of Bono, David Bowie and Danny Michel have lauded praises her way.

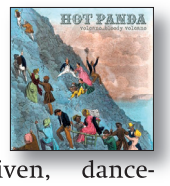
Ian Nathanson/for Metro Canada

GETTY IMAGES

Years of Refusal — the latest album from Morrissey — was released this week.

Hot Panda

Album: Volcano...Bloody Volcano **Label:** Mint Records
Rating: ●●●



HOT PANDA ARE certainly enthusiastic — picture them as mop-topped 10-year-olds, bouncing on a mini trampoline as they play. The Edmonton-based band and its keyboard-driven, danceable indie-pop combine the tempo switch-ups and vocal styles of groups like the Clips and Clap Your Hands Say Yeah!. The thumping breakdowns, punchy vocals and grooves on tracks like Whale-Headed Girl show us the energy; now the boisterous gang just needs to reign it in.

Rob McMahon/for Metro Canada

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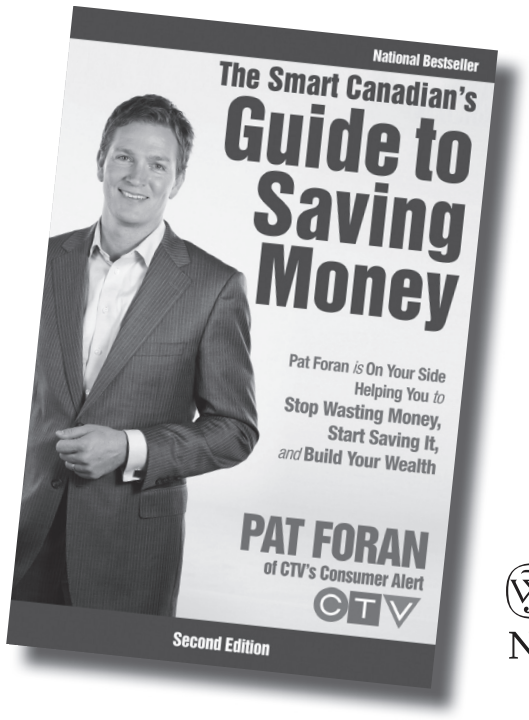

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- Read our review of Winter Hours by Deep Dark Woods at metronews.ca/music.

... And You Will Know Us by the Trail of Dead

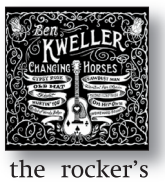
Album: The Century of Self
Label: Justice
Rating: ●●●

AND YOU WILL Know Us By The Trail of Dead are one of those bands you either love or hate. They've amassed a following with their over-the-top epic rock songs, but grandiose guitars and soaring pianos aren't for everyone. Their latest sounds similar to past releases, but without a major label backing them this time around, the group seems freer to expand on their progy noise-rock sound. If you don't mind six minute-plus tunes and a heavy dose of distortion then this will be a great listen, but it'll be tough to swallow for everyone else.

Bryan Borzykowski/for Metro Canada

Ben Kweller

Album: Changing Horses
Label: ATO
Rating: ●●●½



ALTHOUGH TEXAS-BORN Ben Kweller has dabbled in country twang before, this is the rocker's first genuine foray into the world of Americana. And, luckily, he succeeds with flying colours. With pedal steel galore, rich, soothing harmonies and a host of infectious singalong tunes, this might be the guitar slinger's best record. If Kweller's smart, this musical change will be his last.

Bryan Borzykowski/for Metro Canada

Listen to this week's reviewed music by following links at metronews.ca/music

Joe Jonas 'a ladies' man'
Joe Jonas, right, is the biggest flirt of the Jonas Brothers, Kevin Jonas revealed on the CBS' The Early Show Tuesday. "He's a ladies' man," Kevin said. **USMAGAZINE.COM**

Troubling trend for entertainment jobs

EMPLOYMENT Entertainment employment in the Los Angeles area will be flat in 2009 and post a modest uptick next year, but the long-term outlook remains worrisome.

In a report to be circulated yesterday, the Los Angeles Economic Development Corp., a private research organization, says the local motion picture and sound-recording industries will add about 1,000 jobs this year, while broadcasters and cable companies will cut 1,000 positions. In 2010, the local entertainment sector will add about 2,000 jobs, bringing film employment to 128,000 and TV employment to 19,000, the LAEDC estimates.

But runaway film production — in which producers base projects outside Southern California to take advantage of lower costs or financial incentives — and small-staff reality TV programming remain threatening trends, according to LAEDC economist Jack Kyser.

"Runaway production of feature films could get worse."
Economist Jack Kyser

"Runaway production of feature films could get worse," he said. "Everybody and their dog is offering incentives, but there are still no incentives from the state of California, so what you're seeing is that ever more filming is being done out of state."

The 2008 Writers Guild of America strike accelerated a shift in TV production, Kyser added. "It has tilted everything toward reality," he said. "Everybody is looking toward costs with all the declining viewership at the broadcast networks, so you're looking at a possible change in your business model."

The trends that you see are not favorable," Kyser said. **REUTERS**

Kink around country

Popular TV show connects with hairdressers

JON TATTRIE
for Metro Canada

Da Kink in My Hair is taking the salon on the road. The stars of the popular Global TV show, set in a Jamaican-run hairdressers in Toronto, are bringing the "Kink Cam" to visit real-life hairdressers across the country.

"We're here to connect with our fans. We're going into barber shops, hairdressing salons, schools," Trey Anthony said yesterday. The England-born comedian and actor wrote Da Kink in My Hair as a play before it was turned into a TV show on Global.

"Everyone's been really excited to see us," she said. The show, which examines "black women's issues," has struck a chord with viewers, she said.

Ordena Stephens stars as Novelette (Letty) Campbell, the Caribbean-Canadian owner of the hair salon. Anthony plays her sister Joy.

Halifax native Eli Goree plays a 19-year-old sent to work for a salon in the second season of Da Kink in My Hair.

Da Kink had a local guide for the Halifax stop of the tour. Newcomer Eli Goree plays Malik, a 19-year-old sent to work in the salon to keep busy — and out of trouble. Goree, who hosted the CBC show Street Cents and has appeared on Sesame Street, was having a blast introducing his new friends from Toronto to his old friends in Halifax.

"We're going into barber shops, hairdressing salons, schools."
Trey Anthony, creator

"It's good to be home. We're going around seeing my family and friends," the Halifax native said. He made sure they brought the Kink Cam to his own barber, Derek, at First Cousins. "He's been cutting my hair for years," laughed Goree.

"It's great being on the show and seeing so many different aspects of the Toronto culture, and then to come back here and see how receptive people are to the show."

After a successful first year, Global renewed Da Kink for a second season, which started on Feb. 12. Da Kink airs Thursday nights at 9:30 p.m.

It's Hammertime on cable channel

SERIES Rap superstar of the '90s MC Hammer will star in a reality series on the A&E cable network. The performer, his wife and five children will be the focus of the half-hour, 11-episode show, which will premiere this year. The title, naturally, is Hammertime. Executive producer J.D. Roth said the show likely will have the feel of an unscripted version of the Huxtable family from The Cosby Show. **REUTERS**

GlobalStyle

Kenya Hunt

Exclusively at metronews.ca/globalstyle

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Ottawa ON, K2J 4P6

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/19/09	251	308	3 CBC	News (CC)	Jeopardy! (N)	Coronation St.	Wheel-Fortune	Year of the Hunter (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Name Is Earl	Kath & Kim	Blind Trust (2007) Jessica Capshaw, Chad Willett. (CC)				News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N) (CC)		ER (N) (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Identity" (CC)		Supernatural (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Tocantins (N) (CC)		The Office	Kink in Hair	Life "I Heart Mom" (N) (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Wife Swap (CC)		Eleventh Hour "Minimata" (N)		(:02) Private Practice (N)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty (N) (CC)		30 Rock	30 Rock	Hell's Kitchen (N) (CC)		EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Identity" (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Tocantins (N) (CC)		CSI: Crime Scene Invstgtn.		(:01) Eleventh Hour (N) (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Kath & Kim	The Office	(:31) 30 Rock	ER (N) (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	House	Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (N) (CC)		Grey's Anatomy (N) (CC)		(:02) Private Practice (N)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Gunslinger's Revenge ★★ (1998) Leonardo Pieraccioni.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Field Guide	Doc Martin "Haemophobia"		Poirot "Triangle at Rhodes"		Globe Trekker "Iran"		Spain
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (N) (PA) (CC)		Hell's Kitchen (N) (CC)		News (N) (CC)		Family Guy
	-	364	43 PBS	Conquistadors (CC) (DVS)		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Yankee Shop
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Work Home
	298	653	35 TLA	Two/Half Men	Two/Half Men	Smallville "Identity" (CC)		Supernatural (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Red C	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	Dreams of Obama (CC)		CBC News: The National (N)		CBC News: The National		Dreams of Obama (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	NHL Hockey Vancouver Canucks at Ottawa Senators. (Subject to Blackout)					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	Dog Show	SportsCentre (Live) (CC)			Score Golf	Motoring 2009	Poker Night (Taped)		SportsCentre
	411	457	49 OLN	Dog the Bounty Hunter (CC)		Survivorman Costa Rica.		Mantracker Kaleigh and Alana.		Dog the Bounty Hunter (CC)		Survivorman
	410	403	54 SCR	Basketball	NBA Basketball Boston Celtics at Utah Jazz. (Subject to Blackout) (Live)					Final Score	Final Score	Final Score
	417	406	55 SC	Bullrun (N)		Pimp My Ride	Pass Time	Pinks -- All Out		Pinks -- All Out		Bullrun
	416	409	144 GLF	Legends	Footballers	Gol TV News	Soccer Cam	Soccer Cam	Gol TV News	Gol TV News		Gol TV News
family	552	543	25 YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN (CC)	6TEEN (CC)	Futurama	X-Men ★★★ (2000) Hugh Jackman, Patrick Stewart. (CC)			
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	e2 Ethanol. (N)	Myths and Heroes		Adventures in Architecture		Vertical City	e2 (CC)	Finding Hope
	575	583	20 CMT	Hope & Faith	Hope & Faith	Coyote Ugly	Coyote Ugly	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Degrassi: TNG	Degrassi: TNG	Springbreak.08 (CC)		Pimp My Ride	Pimp My Ride	MuchVibe		Spotlight
	600	564	29 H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	31 A&E	The Beast "Hothead" (N)		The Beast "Hothead" (CC)		The First 48 (CC)		The First 48 (CC)		The Beast
	628	584	32 SPKE	(6:00) TNA iMPACT! (N) (CC)		CSI: Crime Scene Invstgtn.		MANswers	MANswers	UFC 95 Countdown		Disorderly
	521	560	34 TLC	Heli-Loggers "Widowmakers"		Street Customs (CC)		Heli-Loggers "Widowmakers"		Overhaulin' (CC)		Sports Dis
	616	522	39 SHO	The Outer Limits "Zig Zag"		Love-Death	Love-Death	Trailer Park	Trailer Park	Silent Hill ★★ (2006) Radha Mitchell. (CC)		
	620	523	40 BVO	(6:00) Glenn Gould: Hereafter		Law & Order "Dazzled" (CC)		Without a Trace "Rage"		Rich in Love ★★ (1992) Albert Finney. (CC)		
	601	562	41 SLC	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser		Trading Spouses		Biggest Loser
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Deadliest Catch (CC)		Machines of Malice		Ancient World
	522	506	44 HIS	NCIS "High Seas" (CC)		Lost Worlds (CC)		Deep Wreck Mysteries (CC)		NCIS "High Seas" (CC)		Ancestors
	627	528	45 SPC	Chuck (N) (CC)		Stargate SG-1 "Nemesis"		Star Trek: Next Gener.		Star Trek: Voyager "Meld"		Star Trek: Ent.
	294	650	47 TBS	Varsity Blues ★★ (1999) James Van Der Beek. (CC)				Sex and-City	Sex and-City	(:10) Underclassman ★ (2005) Nick Cannon.		
	619	525	48 TROP	Make	Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Family	Glutton	Ace of Cakes	Ace of Cakes	Challenge Pie competition.		Unwrapped	Secret Life of	Family
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Gong Show	Daily Show
	320	621	60 CEN	(6:25) My Daughter's Secret		The Promotion ★★ (2008) Premiere. (CC)			Fool's Gold ★ (2008) Matthew McConaughey.			Death Proof
	581	566	101 MTV	The Girls of Hedsor Hall (N)		MTV Live	After	Making the Band 4 (CC)		The Girls of Hedsor Hall		MTV Live
	261	394	102 V	(6:00) The Cutting Edge ★★		Poltergeist: The Legacy		The Cutting Edge ★★ (1992) D.B. Sweeney. (CC)				Paid Program
	-	-	109 MUL	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics'corner

ER
It's Valentine's Day in the ER, and Neela (Parminder Nagra) seems to be under the spell of Dr. Brenner (David Lyons). Gates (John Stamos) treats a bizarre mushroom hunter who comes in on his wedding day with breathing problems, and Banfield (Angela Bassett) is determined to have a baby despite her husband's (Courtney B. Vance) misgivings. And Dr. Carter (guest star Noah Wyle) makes a surprise visit to the ER. 10 PM on CTV NBC

Varsity Blues
James Van Der Beek scored a box-office hit with this MTV-produced 1999 drama, but that was largely because he was riding a wave of popularity from "Dawson's Creek," since the movie is below average at best. He plays a high-school football player who gets his big break. He's designated to take over as the team's leader when the quarterback is sidelined by an injury, but he courts trouble by rebelling against the coach (Jon Voight). 7 PM on TBS

Front-row fan

Justin Timberlake was in New York this week to debut his new collection for William Rast and had his biggest fan, girlfriend Jessica Biel, in the front row. "I'm excited to see the show," Jessica said as she hurried inside, intouchweekly reports. METRO NEWS SERVICES

Celebrity Buzz

Eva claims to be 'pretty frugal'

IMAGE The ever glam Eva Longoria has revealed she's pretty frugal in real life, unlike her Desperate Housewives character, Gabrielle, femalefirst.co.uk reports. At the Matthew Williamson fashion show this week, she commented: "I've always been pretty frugal about everything I wear on the red carpet. I return it all the next day."

METRO NEWS SERVICES

Jen and Jolie may cross paths at last

SHOWDOWN It looks like Angelina Jolie and Jennifer Aniston may finally come face to face Saturday at the Night Before the Oscars party in Beverly Hills. And according to OK magazine, Aniston is ready for the showdown. "She has always known that this moment would happen and she's never been more ready to see her nemesis, Angie, in the flesh," a source tells the magazine.

METRO NEWS SERVICES

Guy's angry about having to re-shoot

BEHAVIOUR Guy Ritchie is reportedly furious over being ordered to re-shoot scenes for his upcoming film Sherlock Holmes starring Robert Downey Jr., according to the Sun. The paper says Warner Bros. executives were displeased with a cut of the film, and blasted one scene as being "ridiculously unrealistic."

METRO NEWS SERVICES

Octuplets' mom denies being obsessed with Jolie

LOOKALIKES Facing public outrage over revelations that she supports her family with the help of food stamps and claims that she is fixated with Angelina Jolie, Nadya Suleman tells People magazine that she's turning to "a greater strength" to cope with her sudden notoriety. People.com quotes the California mother of octuplets as saying she hopes the media frenzy will soon die out and allow her to focus on raising her eight new babies, born Jan. 26, along with her six older children.

"Next week it will be okay," she told the magazine while peering outside at a group of reporters camped in front of her Whittier, Calif., home. "No one will be out there, I'm hoping." Suleman also rejected claims that she is obsessed with Jolie.

"All lies. I have no interest in her. None," she says. "I've never been a fan of anybody famous. Now I kinda have a taste. But it's not being famous — it's being infamous. It's a nightmare."

Jolie's rep said reports that the actress received letters from Suleman are untrue.

PAUL DRINKWATER/NBC

METRO NEWS SERVICES

Taraji takes Brad home to meet her pals

CO-WORKERS Taraji P. Henson was so starstruck by her The Curious Case of Benjamin Button co-star Brad Pitt she invited him home to meet all her friends, femalefirst.co.uk reports.

The actress was convinced producers would turn her down for a role in the movie because they would want a "big celebrity" to appear alongside Pitt. She was shocked when she landed the part — and even more surprised to learn the Hollywood megastar is "just a regular guy." Henson tells USA Today newspaper, "Three of my very best girlfriends flew into town and wanted to meet Brad Pitt.

"So I was like, 'Brad, come over. My girlfriends are going crazy over you.' He comes over, and he's so cool. He has a way of being very warm and making people feel welcome."

The actress is currently enjoying the movie's success and she was rewarded with a best supporting actress nomination.

ALL PHOTOS GETTY IMAGES EXCEPT WHERE INDICATED

METRO NEWS SERVICES

SJP wants the next Sex and the City film to be a 'romp'

REUNIONS Sarah Jessica Parker says the next Sex and the City movie will be a "romp," femalefirst.co.uk reports. The actress, who is set to reprise her role as sex columnist Carrie Bradshaw, wants the script to be packed with steamy scenes and funny storylines. She said: "I think we want this one to be a romp. The last one, we got to tell a really mature sophisticated story that had real heartbreak in it, and this time, I think we want a romp. We want our audience to have a massive romp."

METRO NEWS SERVICES

Von Teese says she'll never put a man before her career

WORK Dita Von Teese has vowed never to quit her raunchy stage act for a man, insisting she'd rather give up on the relationship than her career, femalefirst.co.uk reports. The sultry striptease artist says previous lovers have let her down because they want her to sacrifice her job for the romance. She says, "To begin with, they all say how great (my career) is. But when it comes down to it, they want their careers to be more important than mine."

METRO NEWS SERVICES

Cruise family heads to Disney World

FAMILY Hollywood royalty met Disney royalty at the Magic Kingdom over the weekend, people.com reports. On Saturday, Tom Cruise, Katie Holmes, kids Suri, two, and Connor, 14, and Holmes' parents visited the Walt Disney World theme park, where they met princesses Cinderella, Snow White and Aurora (a.k.a. Sleeping Beauty) at the Once Upon a Time Breakfast at Cinderella's Royal Table restaurant. "Suri was wearing a yellow dress like Belle from Beauty and the Beast," says a fellow diner. The family slipped into the restaurant relatively unnoticed as the princesses were being introduced to the crowd.

JAMES DEVANEY/WIREIMAGE

METRO NEWS SERVICES

Rourke says his dogs were there for him 'when no one else was'

FRIENDS Mickey Rourke, who thanked his dogs during his Golden Globes best actor acceptance speech, says his pooches received a shout-out for one simple reason: They were there for him during his darkest hour more than a decade ago, people.com reports.

"I sort of self-destructed and everything came out about fourteen years ago or so ... the wife had left, the career was over, the money was not an ounce," Rourke, 56, reveals during the Oscar night edition of The Barbara Walters Special, of which People has an exclusive preview.

"The dogs were there when no one else was there." But the star of The Wrestler says his split from ex-wife, actress-model Carre Otis, 40, further exacerbated his personal turmoil.

"What happened was, I was not in a really good place in my head and my heart, and I think when the wife left, it all came down and I didn't want to be here." But when asked by Walters if, at the time, he was suicidal, Rourke said, "Look, there's always a weak way out. I've always known that. Yeah, I didn't want to be here, but I didn't want to kill myself. I just wanted to push a button and disappear." Also, Loki, Rourke's beloved Chihuahua, has passed away, the actors rep recently confirmed. The dog, which was 18 years old, was photographed often on the red carpet with Rourke.

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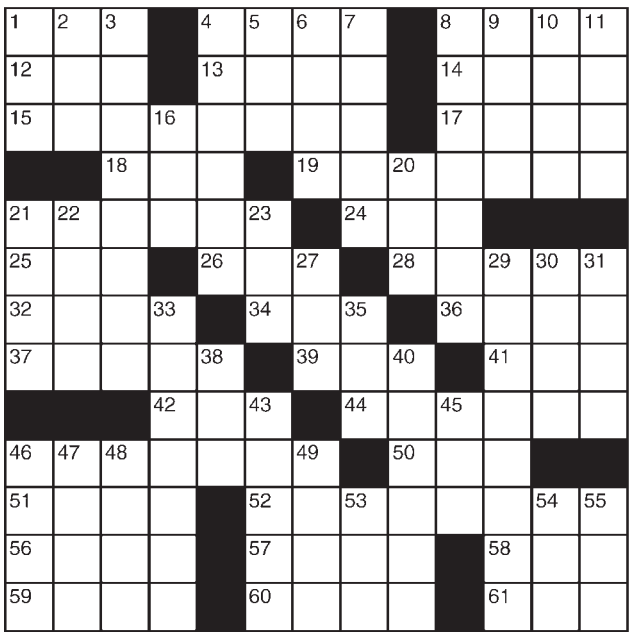
Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2		4	6				3	
				5				
				9	3			8
4		9			7	2		
1		8				7		4
		7	3			9		1
6			9	4				
				7				
	5				1	4		6

Crossword across

1 Ain't no more
4 Hand warmer
8 Supermarket supply
12 Request
13 Taj Mahal city
14 Send forth
15 Easy field goal
17 Competent
18 Sajak or Summerall
19 Middle kid, in a sitcom
21 Pen VIP
24 Author Buscaglia
25 "I" strain?
26 Wish otherwise
28 Further down the page
32 99 of the 101 Dalmatians
34 Playground game
36 Rebuff a masher
37 Choppers
39 Aries
41 Lemieux milieu
42 Have 44-Across
44 Evening meal
46 Big con
50 — de deux
51 PBS science show
52 Hidden trigger
56 Hebrew month
57 Green land
58 Margery of rhyme
59 Money
60 Encounter
61 CBS logo

Crossword down

1 Servicewoman
2 Blond shade
3 Do some pre-bout exercise
4 Get down
5 "Blecch!"
6 Gift-tag word
7 Deadly
8 Signal lights
9 Early pulpit
10 Underwater breathing apparatus?
11 Goblet part
16 Cushion
20 Mainlander's memento
21 Sobbed
22 Malaria symptom
23 Enthusiast
27 Corn spike
29 Opposite result
30 "The Amazing —"
31 Unoriginal one
33 The Daily Show host
35 Petrol
38 Meccan pilgrimage
40 Snuffleupagus, e.g.
43 Tribe emblem
45 Manhandle
46 Hosiery woe
47 Protuberance
48 Elliptical
49 Soft cheese
53 Rage
54 Comedian Romano
55 Flock member

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	B	A		D	O	L	E		F	O	A	M		
G	U	N		O	V	I	D		E	U	R	O		
E	S	T		L	A	Z	A	R	E	T	T	O		
S	T	E	A	L			M	O	B					
			N	A	B	S		B	L	U	S	H		
N	A	Z	A	R	E	T	H		E	S	A	U		
I	V	E		S	T	R	A	P		E	V	E		
S	E	T	S		H	A	Z	A	R	D	E	D		
I	R	A	Q	I		W	E	N	D					
			U	T	E			O	A	S	I	S		
G	A	Z	A	S	T	R	I	P		O	B	I		
A	G	A	R		N	U	L	L		F	I	T		
D	O	P	E		A	B	L	Y		A	S	S		

7	3	9	4	8	2	6	5	1
8	6	4	5	1	3	9	7	2
5	1	2	6	7	9	8	3	4
4	7	8	3	9	1	2	6	5
1	9	6	7	2	5	4	8	3
2	5	3	8	4	6	1	9	7
9	8	1	2	5	7	3	4	6
3	4	5	1	6	8	7	2	9
6	2	7	9	3	4	5	1	8

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17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Italian Braised Beef with Garlic and Mushrooms

INGREDIENTS:
1/2 cup (125 ml) dried porcini mushrooms (1/2 ounce)
1 cup (250 ml) hot water
1 cup (250 ml) canned crushed tomatoes
1 cup (250 ml) dry red wine or chicken broth
2 tbsp (25 ml) tomato paste
3 carrots, cut into matchsticks
2 celery stalks, cut into matchsticks
4 garlic cloves, slivered
4 tsp (20 ml)brown sugar
3/4 teaspoon oregano
3/4 teaspoon salt
1/2 tsp (2 ml) black pepper
1 lb (500 g) well-trimmed boneless beef eye round roast

METHOD:
1. Combine mushrooms and hot water in small bowl. Let stand 20 minutes until softened. With fingers, scoop mushrooms out of liquid. Strain mushroom soaking liquid through fine-meshed sieve and set aside. Coarsely chop mushrooms.
2. Preheat oven to 350 F (180 C). Combine mushrooms, mushroom soaking liquid, tomatoes, wine, tomato paste, carrots, celery, garlic, brown sugar, oregano, salt, and black pepper in Dutch oven or flameproof casserole. Bring to a boil over medium heat.
3. Add meat to pan and return to a boil. Cover, place in oven, and bake until meat is tender, about 1-1/2 hours.
4. Slice meat and serve with vegetables and sauce. (Recipe can be made ahead. Add sliced meat to pan of sauce and vegetables and refrigerate. Reheat in 250 F/120 C oven).

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Your energy inspires others to get out of a rut. You'll pull off any last-minute plans with ease. You have the courage to speak the truth.

TAURUS
APRIL 21-MAY 21
Your conscience is tugged after witnessing an injustice. Sometimes you just can't help other people. The best policy is to let sleeping dogs lie.

GEMINI
MAY 22-JUNE 21
Someone tells you something you want to know. A trustworthy person discovers a personal weakness. Regrets will cause a friend to confess.

CANCER
JUNE 22-JULY 22
Discuss an agreement with a stable friend. Self-hypnosis will work for you. An optimistic woman wants you to change your habits.

LEO
JULY 23-AUG 23
Tension crops up when someone is caught lying. Someone will bring out your wild side. Prepare to coach a besieged person through a crisis.

VIRGO
AUG 24-SEPT 22
You'll get support for a planned venture. A quiet approach enhances your hard work. Someone's integrity is at stake in a wild love affair.

LIBRA
SEPT 23-OCT 23
You'll get more happiness from telling the truth. A wicked woman has something to say about damages. Your passions must be controlled for now.

SCORPIO
OCT 24-NOV 22
Don't let other people's fears scare you into making a mistake. You'll have to defend a reliable friend. Mind your manners and don't be bitter.

SAGITTARIUS
NOV 23-DEC 21
You don't expect to be told what to do. Your talents lead you to better things. Pay attention to any doubts about a tempting fantasy.

CAPRICORN
DEC 22-JAN 20
Your affection causes weird reactions. Ridiculous outrage will break out over a lost item. Strengthen others by sharing your deep thoughts.

AQUARIUS
JAN 21-FEB 18
An ally denies revealing his character flaws. Your brilliant ideas push the power of invention to new heights. A social event seems to be silly.

PISCES
FEB 19-MARCH 20
Be a minimalist with your plans. A fierce person insists on deadlines being met. You must spend time with someone if you want to bond.

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BY TRICKY RICKY KANE

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1. Small lie about a tot's highchair wear (1)
2. Bloke's AAA handouts for routes (1)
3. Stupid Clue game Professor (1)
4. Exerciser LaLanne's floor coat (1)
5. Insect stage wonder to behold (2)
6. Broom riders' wall recesses (2)
7. Pleasure boat captain's frogman's footgear (2)

ANSWERS
1. BIB FIB 2. CHAPS MAPS 3. DUMB PLUM 4. JACKS WAX
5. LARVAL MARVEL 6. WITCHES NICHES 7. SKIPPERS FLIPPERS

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Oakridge Centre
Pacific Centre
2163 West 4th Ave.
501 West Georgia St.
101 - 925 West Georgia St.
5720 East Blvd.
689 Thurlow St.
3 - 1855 Burrard St.
3343 West Broadway
2748 Rupert St.
1 - 525 Seymour St.
150 - 625 Howe St.
105 - 950 West Broadway
1707 Robson St.
1092 Kingsway
10 - 3490 Kingsway

Aldergrove
310 - 26310 Fraser Hwy.

Abbotsford
Sevenoaks Shopping Centre
2 - 32915 South Fraser Way
1 - 2142 Clearbrook Rd.
401 - 2140 Sumas Way

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
214B - 4501 North Rd.
4711 Kingsway
7531 Market Crossing
111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

Chilliwack
Cottonwood Mall
103 - 45300 Luckakuck Way
11 - 45905 Yale Rd.
7544B Vedder Rd.

Cloverdale
201 - 17725 64th Ave.

Coquitlam
Coquitlam Centre
101 - 3278 Westwood St.
5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
22 - 2988 Glen Dr.
2 - 901 Lougheed Hwy.

New Westminster
Royal City Centre

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
3 - 19638 Fraser Hwy.
103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

Maple Ridge
22661 Lougheed Hwy.

Mission
100 - 32670 Lougheed Hwy.
318 - 32555 London Ave.

North Vancouver
Capilano Mall
127 - 1199 Lynn Valley Rd.
1295 Marine Dr.
1748 Lonsdale Ave.
1392 Main St.

Port Moody
202 Newport Dr.

Pitt Meadows
735 - 19800 Lougheed Hwy.

Richmond
Aberdeen Centre
Admiralty Centre Mall
Ironwood Mall
Lansdowne Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
2404 King George Hwy.
1675 128th St.
108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

West Vancouver
Park Royal Shopping Centre
North/South

White Rock
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

OKANAGAN/NORTHERN BC

Aberdeen Mall (Kamloops)
Northills Centre (Kamloops)
Orchard Park Mall (Kelowna)
Spall Plaza (Kelowna)
Cherry Lane Shopping Centre (Penticton)
Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
Village Green Mall (Vernon)

Whistler
7009 Nesters Rd.

Squamish
38116 2nd Ave.